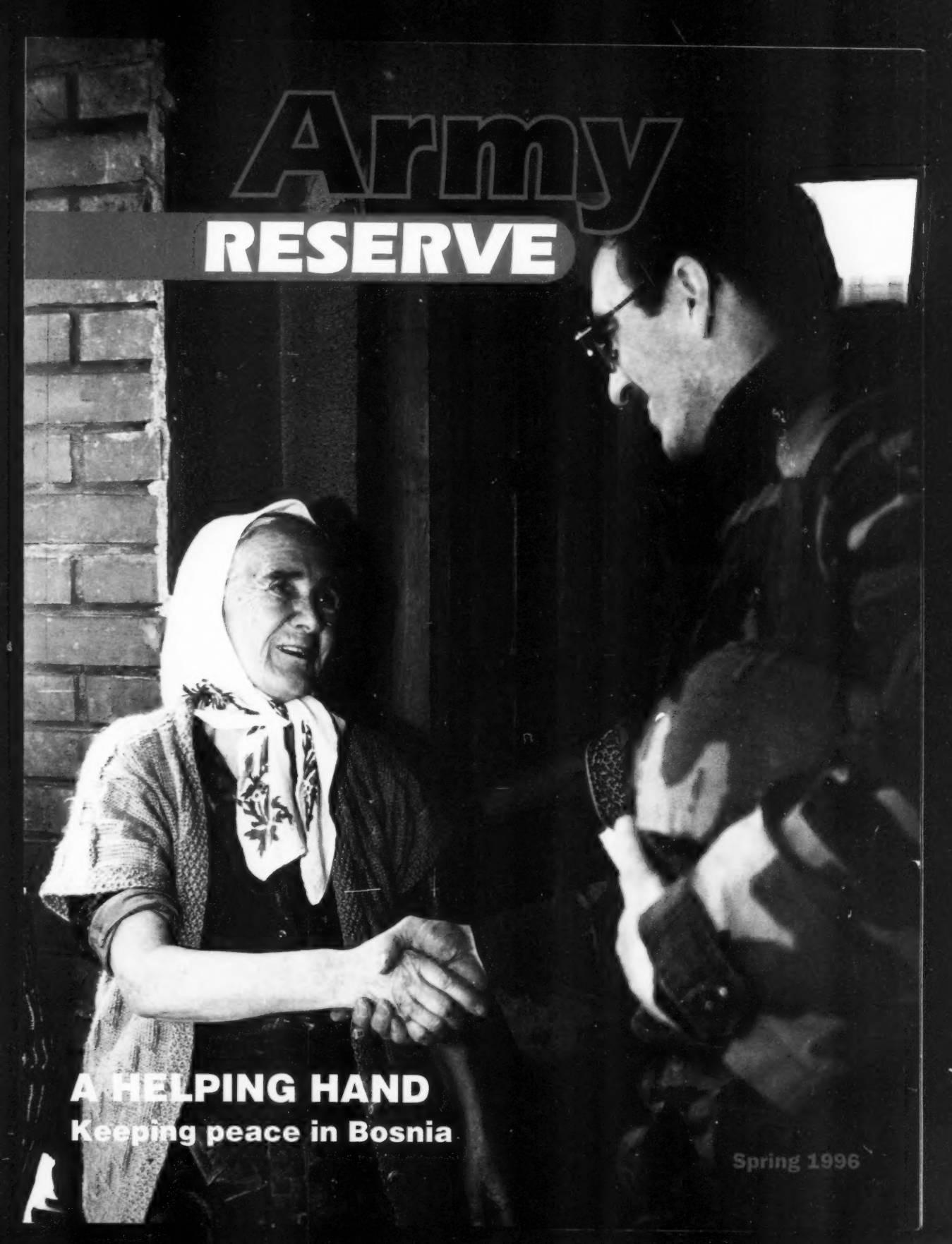


Army RESERVE

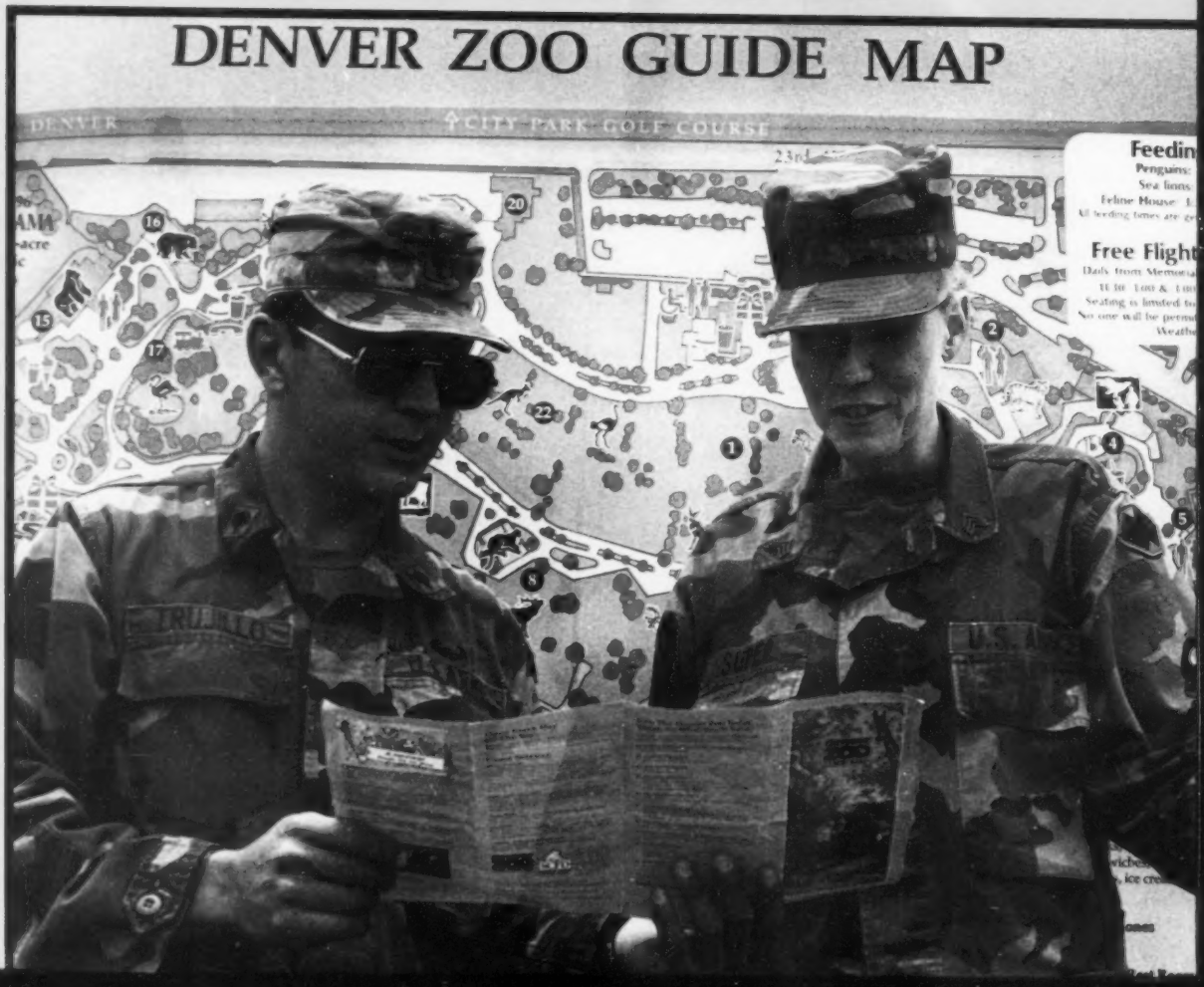
A HELPING HAND

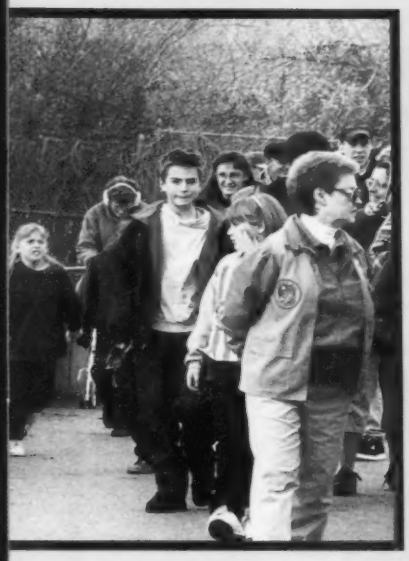
Keeping peace in Bosnia

Spring 1996

Left at

DENVER ZOO GUIDE MAP





the giraffe

How's this for innovation. Ten Reservists from Co. A, 244th Engineer Battalion, Boulder, Colo., honed land navigation skills at the Denver Zoo last Veterans Day. The brainchild of SFC Gregory Murray, unit training NCO, the voluntary off-drill-weekend exercise took place amidst 42,000 zoo visitors. "With the crowd It was a challenge to keep your pace count, be polite and not get stepped on," admitted Sgt. Doug Sparkman. "But all in all, it was fun." Zoo officials gave the Reservists free admission; the unit awarded retirement points ... and the chance to see Klondike and Snow, the polar bears.

Photos by MSgt. Steven H. Leitch

Map of Bosnia, p. 10

Army Reserve

Magazine

Since 1954. America's largest circulating military magazine.

Volume 41, Number 4 **Spring 1996**

FEATURES

8 IN SUPPORT OF OPERATION JOINT ENDEAVOR
A pictorial look at Army Reservists in Bosnia.

11 HELPING MAJA WALK
Dr. (Maj.) Harry Penny, a USAR podiatrist, is mentor and healer for a war-injured Bosnian teenager as she starts life anew in America.

14 LETTERS TO THE FRONT
Students at a California elementary school adopt an Army Reserve unit and mail their support overseas.

15 SUN-TZU ON GOLF
A Reservist-turned-author takes a funny and militaristic look at this sometimes fun, always frustrating game.

16 RECRUITER ON HIGH
Capt. Kevin Knapp pilots a floating billboard, actually a hot air balloon, with a distinct Army message.

18 HELPING RUSSIANS HEAL IN VLADIVOSTOK
As part of a multi-service team, four Army Reservists deliver medical materiel to a hospital in this Siberian port.

19 IT AIN'T FANCY ... BUT THE PRICE IS RIGHT
Reservists can stay overnight at the Soldiers', Sailors', Airmen's Club in New York City for a price that's very unManhattan-like.

20 BALIKATAN '95
This combined exercise in the Philippines faced an unexpected enemy – Typhoon Angela – but the mission prevailed.

26 FITNESS: IT'S UP TO YOU
Tips on exercise and fitness to help any soldier prepare for the next APFT ... and remain fit-to-fight.

27 SERVING SOLDIERS
President George Washington appointed the first military chaplain in 1791. The corps has proved itself many times since, in war and peace.

DEPARTMENTS

FROM THE CHIEF 4	UNIT ROUNDUP 23
UPDATE 5	SPARE PARTS 24
MOB ISSUES 13	PEOPLE 25
AROUND THE USAR . . 21	MAILCALL 28
ISSUES/UPDATES 22	ARMY SHORTS 30

Front cover. *Photo by JoMarie Fecci. Capt. Scott Miller of the 432nd Civil Affairs Battalion, Green Bay, Wis., talks with a Muslim woman displaced to the town of Kladanj in Bosnia-Herzegovina.*
Back cover. *An advertisement from the USAR "Profiles" campaign. The ad is about two years old. Spc. Egemonye has since graduated from Clemson. Reservists now earn over $25,000 for college.*

MAJOR GENERAL MAX BARATZ
CHIEF, UNITED STATES ARMY RESERVE

LIEUTENANT COLONEL JON R. FORY
CHIEF, PUBLIC AFFAIRS

"The Secretary of Defense shall require the complete and current dissemination to all Reserves and the Public, of information of interest to the Reserve Components."
Section 278, Title 10, U.S. Code

Army Reserve Magazine

MAJOR MICHAEL J. BURBACH
EDITOR-IN-CHIEF

CONTRIBUTING EDITORS: Diane Dove, Maj. Jim Allen

CONTRIBUTORS: MSgt. Steven H. Leitch, Linda Hudkins, Judith Mills, Col. Williams L. Harrison, SSgt. Gary Younger, Spc. Alex Bonafice, SSgt. John F. Berry, Maj. Randy Pullen, SFC Dorothy Young, Julia Coyner, Lt. Col. Terry Jones, Lt. Col. Bob Krause, Maj. Jerry E. Sullivan, Lt. Col. Joseph Garland, Lt. Col. Mary Westmoreland, Lt. Col. Bill McCloskey, MSgt. Jon Shaw, Capt. Brendt J. Vitale, Sgt. J.D. Bensman, Maj. Diane E. Shaw, Maj. Paul Pierett, Capt. Ginger Brightwell, Cdr. (Ret.) Eugene N. Tulsch, Capt. Todd M. Peterson, Trudie Eklund, Janet Wray, MSgt. Pete Durbun, Dr. Lee Harford

PHOTOGRAPHERS: JoMarie Fecci, Gary M. Baranec, MSgt. Lyle K. Watkins, PFC Michelle Uitermarkt, Peter Schneider

ARMY RESERVE Magazine is an official Department of the Army publication, published quarterly by the Chief, U.S. Army Reserve, DAAR-PA, The Pentagon, Washington, D.C. 20310-2400 in accordance with Section 278, Title 10, USC. The Secretary of Defense has determined that the publication of this periodical is necessary in the transaction of public business as required by law. Use of funds for printing this publication was approved by the Secretary of the Army on Sept. 2, 1986, in accordance with provisions of AR 310-1. Opinions expressed herein do not necessarily reflect those of the Department of the Army or the Chief, Army Reserve, nor should they be construed as official policy or directive in nature. Local reproduction of all materials is approved, except for copyrighted articles or photographs.

ARMY RESERVE Magazine invites articles, story ideas, photographs and other material of interest to members of the United States Army Reserve. Manuscripts and other correspondence for the editor should be addressed to ARMY RESERVE Magazine, 1815 North Fort Myer Drive, Suite 305, Arlington, VA 22209-1805; telephone (703) 696-6212 or DSN 426-6212, e-mail USARmag@pentagon-OCAR1.army.mil, fax (703) 696-3745. Unsolicited manuscripts and photographs will not be returned. Query by letter.

ARMY RESERVE Magazine is distributed free of charge to members of the United States Army Reserve. Circulation approximately 570,000. Paid subscriptions are available for $5.50 per year domestic, $6.80 foreign. Single copy price is $2.00 domestic, $2.50 foreign. Mail a personal check or money order payable to the Superintendent of Documents to: New Orders, Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954, or fax your order to (202) 512-2233. Visa and MasterCard are accepted.

FOR CHANGE OF ADDRESS, do not write the magazine. Members of Troop Program Units should notify their SIDPERS-RC clerk. Members of the Individual Ready Reserve and Individual Mobilization Augmentees should contact their Personnel Manager at ARPERCEN, 9700 Page Boulevard, St. Louis, MO 63132-5200. Paid subscribers should forward their address change to the Superintendent of Documents, Attn: Mail List Branch SSOM, U.S. Government Printing Office, Washington, DC 20402. Special military distribution recipients may write the editor directly.

From the Deputy Chief, Army Reserve

Speed bumps to success

In his Summer 1995 column, the Chief, Army Reserve, described initiatives to keep the USAR a ready, relevant force. He's asked me to give you a status report.

America's Army is in the throes of change, taking on new missions, adjusting to smaller budgets and seeking more efficient ways to train and support soldiers and units. This is not doing more with less – it's doing BETTER. For the Army Reserve this means tiered resourcing, leaner, flattened command and control structures, realigning personnel management, re-engineering BASOPS, and more frequent operational deployments – a new way of doing business all around.

Brig. Gen. James R. Helmly

What won't change as we approach the 21st Century are the basic values of soldiering – duty, competence, selfless service – and a pledge to care for our people and conduct hard training.

As America's Army has downsized, going from 18 active duty divisions to 10, we've been forced to restructure while cutting strength and reducing our budget. The Selected Reserve is now below 240,000. We've inactivated most of our combat units to more clearly define our core competency of support. USAR training divisions now train soldiers Armywide. Garrison Support Units, reorganized port and terminal units, and medical augmentation hospitals provide the Army a robust power projection capability – units ready on the first day of a contingency. We've initiated programs to remodel outdated equipment, streamline recruiting and automate personnel management.

A smaller force requires less overhead. The process of activating 10 Regional Support Commands to replace the 20 stateside ARCOMs is done. The RSCs will pick up new responsibilities as the USAR moves further into base operations and installation management. RSCs are not simply ARCOMs by another name.

A gauge of our importance and relevance to America's Army and the nation are increased deployments of USAR units. Operations in Panama, Somalia and Bosnia, as well as Desert Storm, all had rapid, quality infusions of Reservists. In Haiti, a USAR Chinook helicopter unit will be the last Army unit out of Operation Uphold Democracy. We should take pride in these great soldiers.

But increased reliance on the USAR means we must be ready. You in the field must get rid of old habits that are dysfunctional and costly. This is especially true in how we use our most valuable resource – TIME! Drill periods must be carefully managed; METL-based training to standard is an absolute requirement. You can do good training with less money. It takes vision, courage, competence and good leadership.

Soldiers have a personal responsibility to master their jobs before mobilization, to keep fit, and maintain their personal affairs. Leaders must stress unit and Common Task training, mobilization preparedness and family care planning.

I've heard concern over the switch to a smaller Force Support Package (FSP). Keep in mind its predecessor, the Contingency Force Pool, came alive about five years ago when we had a fatter budget and supported a larger Army. Because the FSP is leaner, doctrinally based and mission oriented, it should ease the support drain on lower priority units.

A final point – retention. We lose a third of our force each year. That's a drain of experience and money; it costs the USAR about $50,000 every time we enlist a soldier. Retention is a unit issue. Commanders, NCOs ... Are new soldiers assigned a sponsor? Do soldiers serve and train in their MOS? Does your unit send a card to a soldier's spouse when they have a baby? Are award ceremonies and promotions conducted in unit formations? Retention requires good leadership. Do it!

The Army Reserve is blazing trails with bold, visionary approaches to "running the business" – all designed to keep the USAR a robust partner in America's Army. Our future is bright, our glass half full – the challenge, as a team, is to keep it that way. Hooah! ★

Income insurance part of '96 authorization bill

Dental program for Selected Reserve also approved

THE 1996 DEFENSE AUTHORIZATION bill, signed by President Clinton Feb. 10, includes several long-sought benefits for Army Reservists.

One is an income insurance program, intended to protect civilian salaries of mobilized Reservists. Another is a contributory dental program for soldiers in the Selected Reserve.

Both programs are expected to begin Oct. 1, 1996, with many details forthcoming.

Other Reserve-related provisions in the bill:

• Gives military services authority to pay higher Montgomery G.I. Bill benefits, up to $350 per month, for selected, critically-short MOSs (full-time students now receive $197.90). While the bill authorizes increased benefits, it does not give services additional funding, putting implementation in jeopardy. No word yet on which MOSs are under consideration, if any.

• Approves the 2.4 percent basic pay raise and the 5.2 percent hike in Basic Allowance for Quarters in FY 96 (Reservists are eligible for BAQ when on active duty).

• Establishes a Selected Reserve end-strength of 230,000 by Sept. 30, 1996, a decrease of 11, 300 from FY 95. The Army Reserve must be down to 208,000 by the end of FY 98.

• Requires military technicians hired after Feb. 10, 1996, to be a Selected Reservist in the unit they support as a mil tech.

• Terminates funding for the Civil-Military Cooperation Program. Started in late FY 94, CMCP completed 52 projects around the United States involving numerous USAR units.

• Authorizes additional Active Guard Reserve colonel and sergeant major slots.

The dental insurance program allows for voluntary enrollment by TPU and IMA soldiers with premium sharing between the member and Department of Defense. The monthly premium for the soldier will not exceed $25. Intended to improve readiness, this program will cover basic dental care and emergency oral exams for the soldier only, not family members.

Payment for dental insurance will be by payroll deduction. Specific details governing cost and program policies are under development.

The income insurance program is voluntary and self-funded. Member soldiers pay premiums through a payroll deduction or by direct payment to the military service. Premium amounts should be announced around Aug. 1.

A monthly benefit of $500-$5,000 will be paid to participating soldiers involuntarily called to active duty for service covered by the program, generally a national emergency or contingency.

Insurance protection benefits will not be paid for more than 12 months during any 18 consecutive months of covered service. And, no benefits will be paid for the first 30 days of active duty.

The amount of coverage chosen cannot be increased after enrollment, but the soldier can terminate or decrease coverage at any time. Premiums will be the same for all ranks.

Members of the Ready Reserve who are not on active duty when the program begins will have a one-time option to enroll, and must do so within a designated 60-day window.

Accessions to the Ready Reserve after Oct. 1 automatically will be enrolled for $1,000. New soldiers may decline coverage or change the amount within 60 days of becoming a Ready Reservist. ★

Family Program Coordinators

63rd RSC
(310) 795-2182
77th RSC
(718) 352-5882/5756
81st RSC
(205) 290-4087
88th RSC
(612) 713-3984/3985
89th RSC
(800) 892-7266, ext. 453
(316) 681-1759, ext. 453
90th RSC
(501) 771-7838
94th RSC
(800) 554-7813
(508) 796-6360
96th RSC
(800) 554-4293
(801) 584-4292
99th RSC
(800) 635-1290
(412) 693-2302
124th RSC
(800) 677-3980
(206) 281-3131
7th ARCOM
49-6202-80-6552
9th ARCOM
(808) 438-1896
65th ARCOM
(809) 749-0212
(809) 782-5852
Personnel Center
(800) 874-8451
Reserve Command
(800) 359-8483,ext. 8489
Civil Affairs, PSYOP
(800) 883-5538

The new Enhanced Hot Weather Battledress Uniform replaces the current HWBDU. Design changes:

- From 100 percent cotton ripstop poplin to 50 percent nylon/50 percent cotton ripstop poplin.
- Fused collar/pocket flaps.
- Removal of bellows on one side of lower pocket only.
- Removal of waist tab.
- Waist suppressed three inches.
- Removal of knee pleats.

Introduction of the EHWBDU will be phased in by size. Some sizes are now available in military clothing stores. Price of the EHWBDU coat is $24.30, the trousers, $24.55.

To expedite introduction, mix-and-match wear of the EHWBDU and HWBDU is authorized.

Benefits – SGLI

Automatic coverage increases to $200,000

Soldier must elect in writing for less insurance; rates the same

EFFECTIVE APRIL 1, ALL SOLDIERS IN the Selected Reserve are covered by a $200,000 Servicemember's Group Life Insurance policy, but can elect for less coverage, and a smaller premium.

A recent change in public law doubled the automatic coverage. The rate for SGLI remains 90 cents per $10,000 coverage, i.e., $18 a month for $200,000 coverage, $9 a month for $100,000 coverage, etc.

To change the amount, soldiers must complete form SGLV-8286, dated April 1996. Previous editions can be used but must be modified in writing; soldiers must date and initial changes.

Coverage reductions must be made in $10,000 increments. Soldiers can elect no coverage by writing on the SGLV form, "I do not want insurance at this time," with date and initials.

Soldiers wishing to continue an existing $200,000 policy do nothing; the coverage simply carries over. However, if the soldier wants the beneficiary amounts or percentages changed, they must complete a new SGLI form. ★

Operation Joint Endeavor

Families of activated soldiers get reprieve

Annual deductible for CHAMPUS waived to offset AC advantage

ARMY RESERVISTS CALLED TO ACTIVE duty for Operation Joint Endeavor are exempt from paying the annual deductible for family medical care through CHAMPUS.

The exemption is part of an Army plan to end inequities in family health care offered to active component soldiers and that offered to Reservists activated for over 30 days.

Under the Civilian Health and Medical Program for the Uniformed Services, or CHAMPUS, families pay an annual deductible between $100 and $300, depending on rank of the servicemember. Since the deductible is based on a full year's coverage, Reservists activated for shorter periods generally pay an unfair share, and may already be paying an annual deductible for health care through their civilian employer.

CHAMPUS is gradually being replaced by a health care program called TRICARE. ★

Health and fitness

Postpartum recovery extended to 6 months

Soldiers are exempt from APFT, Army weight control standards

FEMALE SOLDIERS WHO MEET ARMY weight control standards before pregnancy are exempt from those standards during pregnancy and for six months after the baby's birth.

Soldiers are also exempt from the unit's regular physical fitness program and the APFT during the same 180-day period.

Previous policy gave women 135 days for postpartum recovery. The change took effect in January 1996.

A soldier on the Army Weight Control Program who becomes pregnant will remain flagged during pregnancy and for up to six months after pregnancy termination. If she does not meet weight standards by the end of six months, and is medically cleared, she continues on the AWCP.

Pregnant soldiers who are otherwise fully qualified for reenlistment, including those with approved waivers, may reenlist or extend during pregnancy plus seven months, as those soldiers are not considered in the AWCP. ★

Update

CanUseNewsYouCanUseNewsYouCanUseNewsYouCanUseNewsYouCanUseNewsYouCanUseNewsYouCanUseNewsYouCanUseNewsYouCanUseNewsYouCanUseNewsYouCanUse

Benefits – pay

OJE gets Combat Zone Tax Exclusion status

For duty in B-H, Macedonia, Croatia; officer exclusion increased 700%

MILITARY PAY EARNED BY WARRANT officers and enlisted soldiers serving in Operation Joint Endeavor hazardous duty areas (Bosnia-Herzegovina, Croatia, Macedonia) is tax-free, thanks to a bill signed by President Clinton.

Public Law 104-117 also made a permanent change to the Internal Revenue Code that benefits commissioned officers serving in qualified hazardous duty areas. That change increases the tax-free exclusion from $500 to the maximum enlisted basic pay rate (Sergeant Major of the Army). In 1996, the amount for commissioned officers is $4,104.90 per month, plus $150 hostile fire pay.

"This legislation recognizes the unique hardships and risks members of the U.S. armed forces face in noncombat missions like the one in Bosnia," said Clinton.

The bill, signed March 20 but retroactive to Nov. 21, 1995, also pertains to Vietnam and the Arabic Peninsula, still Combat Zone Tax Exclusion areas, and any future CZTE locations. ★

Logistics

Four commands launch 'Shop Smart' program

USAR-wide implementation Oct. 1; initiative allows local purchasing

UNITS IN FOUR COMMANDS CAN NOW purchase many supplies and services from the local economy with partial implementation of the "Shop Smart" initiative April 1.

All other USAR units must wait until Oct. 1, 1996, when the USAR-wide program begins.

"Shop Smart" allows Reserve units to choose the most economical and efficient source for base operations support, whether from a military installation, other government agency, the local economy or in-house.

Units selected for early implementation are the 94th Regional Support Command, Fort Devens, Mass; 96th RSC, Salt Lake City; 124th RSC, Seattle, Wash., and the 65th Army Reserve Command, Puerto Rico.

Previously, when virtually all base ops support came from active military installations, many Reserve units were forced to travel long distances for basic supplies and services, a situation made worse with BRAC closings. "Shop Smart" will save time, money and improve USAR readiness.

Specified "Shop Smart" functions for FY 96 are TASC, environmental, I.D. card support, physical security inspections, supply operations, contracting and safety services. ★

Benefits – housing

All Reservists now can use transient housing

Eligibility extended to gray area retirees and off-duty personnel

TEMPORARY LODGING ON MILITARY INstallations is now open to all Reservists with an I.D. card, on a space-available basis.

Previously, only Reservists on orders or on scheduled inactive duty for training at the installation could stay in transient unaccompanied personnel housing or temporary lodging facilities. The change took effect in March.

In essence, Reserve soldiers, including gray area retirees, will be treated the same as those on active duty.

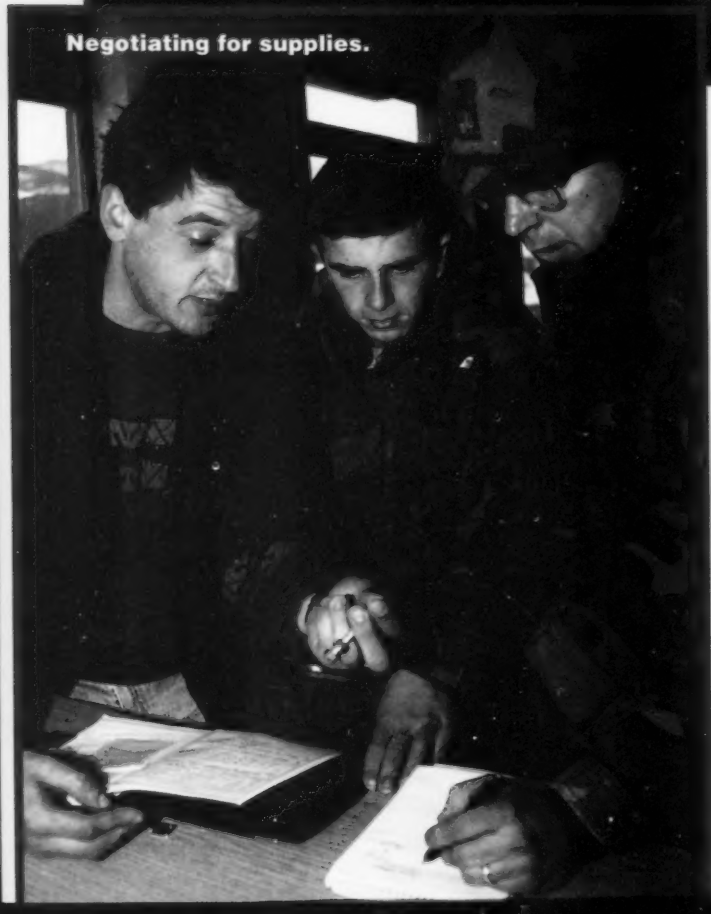
Gray area retirees, unique to the Reserve Component, are those who have a 20-year retirement letter but are not age 60 and not yet receiving a retirement check.

AR 210-50, "Housing Management," will include the change in its next update. ★

Reserve Component units deployed for Operation Joint Endeavor:

Army Reserve	52
National Guard	26

Visiting a refugee center.

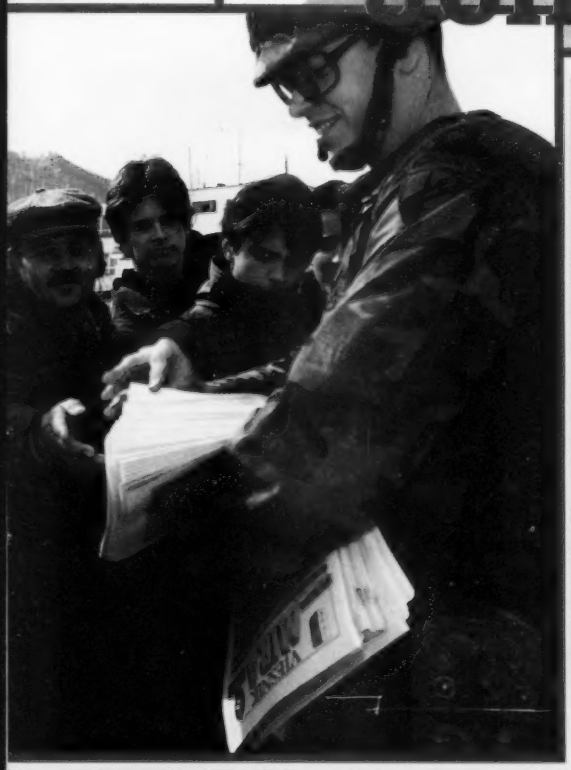


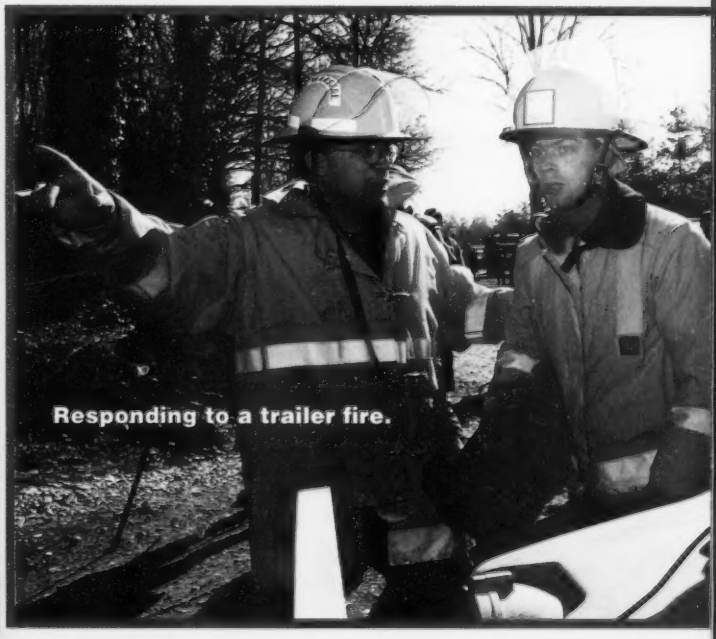
Negotiating for supplies.

PSYOP soldier distributing newspapers.

OPERATION Joint Endeavor

Civil Affairs team in Vlasenica.

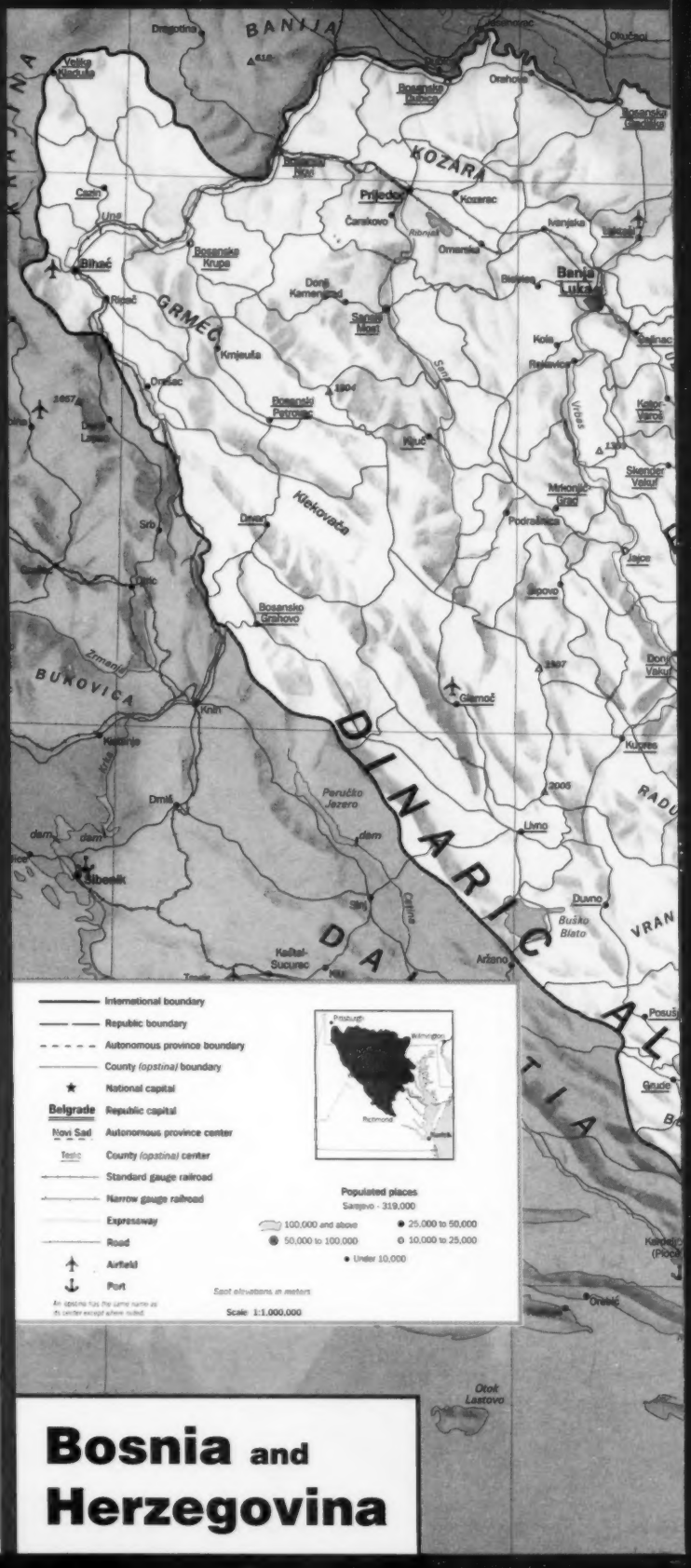




Responding to a trailer fire.

Photos by JoMarie Fecci

Area
19,776 square miles (roughly the size of Vermont and New Hampshire)
Coastline
12.4 miles
Land boundaries
Croatia, Serbia, Montenegro (total 850 miles)
Disputes
Serbia and Croatia want to partition Bosnia; Muslim majority being forced from many areas
Climate
Hot summers and cold winters; mild rainy winters along the coastline
Environment
Air pollution from metallurgical plants; water scarce; sites for disposing of urban waste are limited; subject to frequent and destructive earthquakes
Land use
20 percent arable land
2 percent permanent crops
25 percent meadows and pastures
36 percent forest and woodlands
16 percent other
1 percent irrigated
Natural resources
Lignite, iron, bauxite, manganese, timber, wood products, copper, chromium, lead, zinc
Gross Domestic Product
$14 billion
Real growth rate – minus 37 percent (1991)
Population
4,364,000 (1991)
Ethnic divisions
Muslim 44 percent
Serb 31 percent
Croat 17 percent
Religion
Slavic Muslim 40 percent
Orthodox 31 percent
Catholic 15 percent
Protestant 4 percent
Language
Serbo-Croatian 99 percent
Literacy
85.5 percent (94.5 percent male, 76.7 percent female) age 10 and over can read and write (1981 estimate)
Time
+6 hours Eastern Standard Time

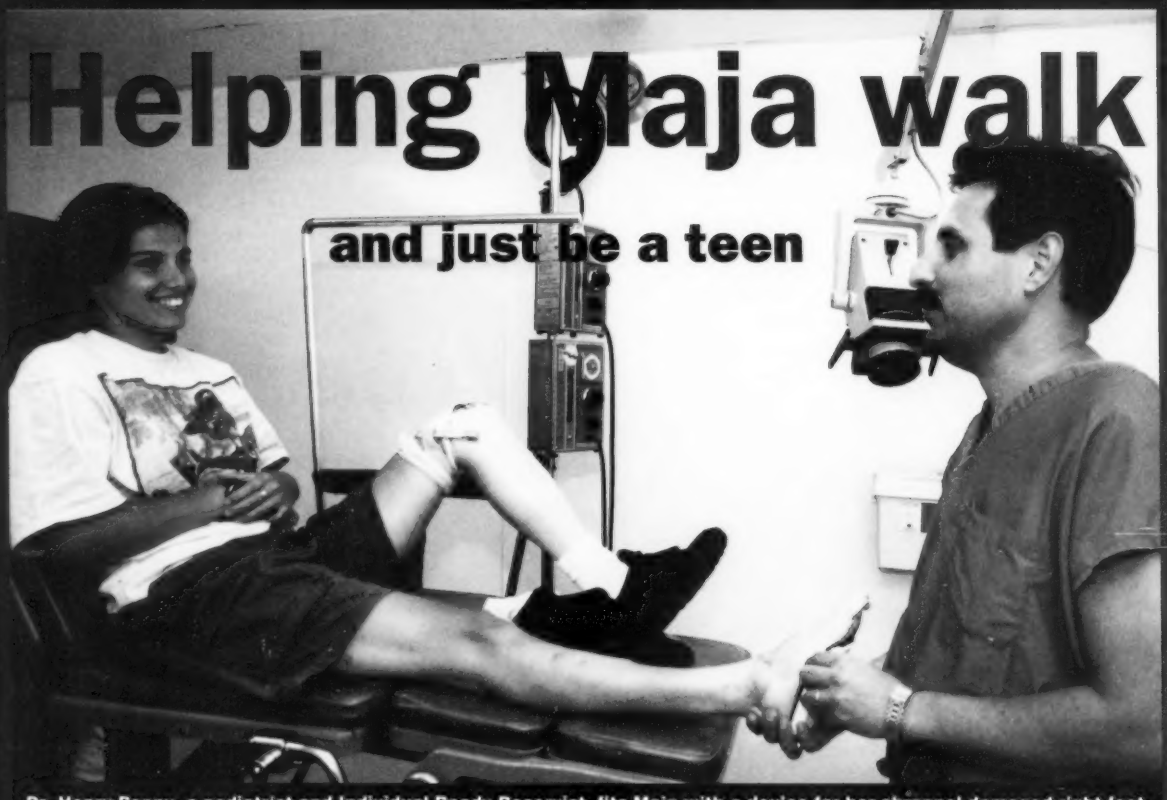


Bosnia and Herzegovina

Belarus
Germany
Poland
Ukraine
Czech Republic
Slovakia
Austria
Hungary
Romania
Moldova
Slovenia
Croatia
Bosnia and Herzegovina
Serbia
Italy
Bulgaria
Albania
Montenegro
BOSNIA
HERZEGOVINA
SEMBERIJA
MAJEVICA
OZREN
BORJA
VLASIC
KONJUH
MEDVEDNIK
VRANICA
ROMANIJA
JAHORINA
PRENJ
SINJAJEVINA
SARAJEVO
Banja Koviljača
Bijeljina
Brčko
Derventa
Modriča
Gradačac
Doboj
Gračanica
Srebrenik
Lopare
Čelić
Tuzla
Lukavac
Živinice
Kalesija
Zvornik
Vlasenica
Srebrenica
Bratunac
Višegrad
Han Pijesak
Olovo
Kladanj
Breza
Visoko
Vogošća
Ilijaš
Sokolac
Pale
Rogatica
Goražde
Čajniče
Foča
Kalinovik
Nevesinje
Mostar
Konjic
Jablanica
Prozor
Gacko
Bileća
Trebinje
Dubrovnik
Neum
Stolac
Čitluk
Ljubuški
Posušje
Livno
Tomislavgrad
Duvno
Glamoč
Kupres
Jajce
Travnik
Zenica
Kakanj
Vareš
Fojnica
Kreševo
Hadžići
Ilidža
Trnovo
Pelagićevo
Višegrad
Rudo
Čajniče
Šavnik
Mojkovac
Kolašin
Ivangrad
Rožaje
Tutin
Nikšić
Otok Mljet
Otok Sipan
Pelješac
Ston
Metković
Ploče
Drina
Neretva
Trebišnjica
Sutjeska
Lim
Tara
Ukrina
Bosna
Krivaja
Miljacka
Ramsko Jezero
Jablanicko Jezero
Modračko Jezero
Mrsinje Jezero
Krupačko Jezero
Bileško Jezero
Parućačko Jezero
Perućica
Gomji Milanovac
Čačak
Užice
Bajina Bašta
Zlatibor
Vlasenica
Sarajevo
NORTH AMERICA
ASIA
AFRICA
1,000 km (540 nm)
3,000 km (1,620 nm)
5,000 kilometers (2,700 nautical miles)
Spot elevations in meters
Scale 1:1,000,000
Kilometers
Nautical Miles
Statute Miles
Transverse Mercator Projection

Helping Maja walk

and just be a teen



Dr. Henry Penny, a podiatrist and Individual Ready Reservist, fits Maja with a device for her shrapnel-damaged right foot.

Life's tough as a teenager, especially when you're crippled by the Bosnian civil war.

In the summer of 1993, Maja Kazazic, then 16, was sitting with friends outside her home in Mostar when a bomb exploded on top of them. Six teenagers died instantly; only Maja survived.

Maja lost her left leg; shrapnel mangled her right foot. Her recovery continues almost three years later, and now includes Dr. (Maj.) Harry Penny.

An Altoona, Pa., podiatrist and Individual Ready Reservist, Penny has become not only healer but mentor to Maja.

Her trip to the United States began with the help of a British nurse, who, after filming a documentary in Mostar, took the injured Maja to an American hospital near Zagreb, Croatia. With a bone infection worsening, Maja was transferred to a larger U.S. hospital in Germany. From there, several service organizations, including Veterans for Peace and the War-Wounded Children's Rescue Group, arranged passage to Cumberland, Md., where Maja lives today.

A message from Maja

"I was very anxious to finish high school, go to college, teach gym and coach ... Many pictures went through my mind in that second after the bomb blew up, including me playing sports. It was very selfish of me, as I turned my head around not feeling anything. I saw pieces of my friends lying all over the ground ... I don't know why they called it a 'hospital.' It didn't have real doctors or any type of medicine, just a few people who said they had medical experience ... For the pain just a regular teddy bear squeezed between my teeth and loud screaming did just fine ... It was tough the first few months in the United States getting used to normal life and not worrying about bombs. I was thinking about my family in danger at home with nothing to eat except birds they caught and river water to drink in which there were floating bodies ... There was not one single day at my lunch break at school (in the U.S.) that I wasn't thinking about all the food being wasted and kids I saw in bathrooms smoking and doing drugs, killing themselves on purpose ... why?"

A tortuous series of operations and physical therapy sessions followed. In March 1995, a physician treating Maja and a professional acquaintance of Penny, called the Reservist and asked for help.

"He figured a military doctor would better understand war injuries," said Penny, who treats Maja at no charge. "I couldn't think of a reason to say no."

Penny fitted her right foot with a device to make walking more comfortable. He also encouraged her to pursue academics. Maja, who quickly mastered English, is now an honors student at Allegany High School and graduates this spring. She's been accepted to Cabrini College, Pa., Penny's alma mater, and offered a substantial scholarship.

Maja calls Penny frequently for advice and has accompanied Penny and his family to a high school football game and other outings. A summer trip with Maja to Washington, D.C., is planned. Her family emigrated to Maryland last summer.

"She appreciates anything you do for her and takes almost nothing for granted," said Penny. "She's quite a young lady."

Was Uncle Sam literal when he promised three square meals a day? Soldiers supporting Operation Joint Endeavor are starting to think rectangular is more accurate. This **Top Ten List** appeared in a recent troop newspaper:

Rejected uses for MREs

10. Stocking stuffers
9. Pillows
8. Range targets
7. Chock blocks
6. Life preservers
5. Body armor
4. Sandbags
3. Paper weights
2. Christmas tree ornaments
1. Food

Soldiers get tax benefits

Soldiers deployed for Operation Joint Endeavor on April 15 have an automatic extension to file their federal tax return. The extension is good for up to six months after returning home.

Also, the military pay of enlisted soldiers and warrant officers serving in the hazardous duty areas of Bosnia-Herzegovina, Croatia and Macedonia is tax-free. For commissioned officers serving in those areas in 1996, up to $4,254 per month is tax-free. The tax exemption is retroactive to Nov. 21, 1995, based on a public law signed by President Clinton in March.

Eligible soldiers are exempt from penalties and interest when filing their 1995 tax returns after April 15. Soldiers should write "Supporting Former Yugoslavia" at the top of their returns.

Soldiers serving in qualified hazardous duty areas last year will receive a corrected W-2.

Kudos to ARPERCEN

A determined staff at the Army Reserve Personnel Center overcame outdated data in some personnel files to issue mobilization orders to IMA and IRR soldiers in 40 states and 10 foreign countries, all during the early stages of Operation Joint Endeavor.

One soldier especially hard to track down was Maj. Robert Clarke, newly arrived in Buenos Aires, Argentina, after having lived and worked in Egypt. No current telephone number for Clarke was on file at ARPERCEN. Complicating the matter, it was early summer in the Southern Hemisphere and Clarke was on vacation in Chile, rafting in the Andes Mountains.

ARPERCEN's liaison office in Puerto Rico found him by contacting the American Embassy in Argentina and getting a phone number in Chile. Clarke called his personnel manager two days after the search began and soon deployed.

Mail call

When sending mail to soldiers deployed for Operation Joint Endeavor, the address should include:

Rank and full name
Deployed unit designation
Operation Joint Endeavor
APO AE ZIP code

The APO AE ZIP code for soldiers assigned to Germany or Italy is the peacetime APO, and available through the unit representative stateside.

For soldiers deployed forward, use the following ZIP codes:

Zagreb, Croatia – 09770
Sarajevo – 09780
Split and Ploche, Croatia – 09781
Kiseljac, Bosnia – 09782
Tuzla, Bosnia – 09789
Army in Hungary – 09793

To verify ZIP codes, call the Military Postal Service Agency hotline at (800) 810-6098; the phone is staffed weekdays from 8 a.m. to 4 p.m. Eastern Standard Time.

In brief

Family dental care

Family members of activated Reservists may receive emergency dental care on a space-available basis at military clinics. However, military health officials caution that such care is extremely limited. Reservists must be activated for at least 24 months to qualify for the Army's Family Member Dental Plan.

Advanced pay

Reservists are entitled to advanced pay (one month's base pay) if ordered to active duty for 140 days or more. This pay is available at the mobilization or first duty station and must be repaid on a monthly prorated basis before the active duty tour ends.

College disruptions

Students called to active duty before an academic term ends are not guaranteed refunds of tuition and fees, reenrollment or partial course credit. But Servicemembers Opportunity Colleges is prepared to work with the soldier and academic institution to try and resolve such issues. Students should call SOC at (800) 368-5622 or write:

Servicemembers Opportunity Colleges
1 DuPont Circle N.W., Suite 680
Washington, D.C. 20036

Historical data

Units or individual soldiers with photos, stories, videos or information that may help chronicle the Army Reserve's role in Operation Joint Endeavor are encouraged to call Maj. Neil F. Rogers, (404) 629-7929. Rogers works for Office of the Command Historian, U.S. Army Reserve Command, Atlanta.

Letters to the front

Written by students from Noble Elementary School, Bakersfield, Calif. The school has "adopted" the 358th Public Affairs Detachment of Fort Douglas, Utah. The unit currently is deployed for Operation Joint Endeavor.

To Spc. James V. Barlow,

May your dreams be full of pizza.
May a rainbow come up in the sky.
May your major be in a good mood.
And until we meet, may all America be free.

Agustin

Dear Sgt. Kelly C. Fischer,

... Why did you join the Army? What are some of the places you protected or had wars with? Are you proud of what you're doing? If I ever killed someone I couldn't live with it, but that's my opinion. Have you ever been shot? Or maybe almost killed? What kind of armor do you wear? Have you ever lost a buddy or partner in the war? Is your sergeant mean and rude? Do you respect him?

Irene

Dear SFC Steven M. Thiese,

... We appreciate that all of you are fighting for our rights. I hope you get home safe. I think that all of you men and women are very brave because all of you risk your lives for other people.

Gracie

Dear Sgt. Anthony J. Martinez,

May the mud dry up beneath you.
May the sun be always shining.
May your family send you money.
And until we meet, may all your dreams come true.

Beatrice

Dear Spc. Patricia A. Hendricks,

I would like to thank you very much for what you have done for us. You are very brave to do something like that. I am a good student and a smart person. I am Mexican and I am pretty. I wear glasses.

Julia

Dear Maj. Orin A. Howell,

Thank you for fighting for me. I am just writing this little note to tell you good luck! I don't like to fight, but when I have to, it's O.K. Do you like to fight? If you do, it's O.K.

Narissa

Sun-tzu on golf

Editor's note: *Capt. Bruce Warren Ollstein's book,* **Combat Golf**, *is scheduled for printing this spring. Ollstein is an Individual Ready Reservist, attached to the University of South Florida ROTC program. An '86 graduate of West Point and former helicopter pilot, Ollstein resides in Tampa ... and is a scratch golfer. "Never discuss your handicap until you're standing on the first tee."*

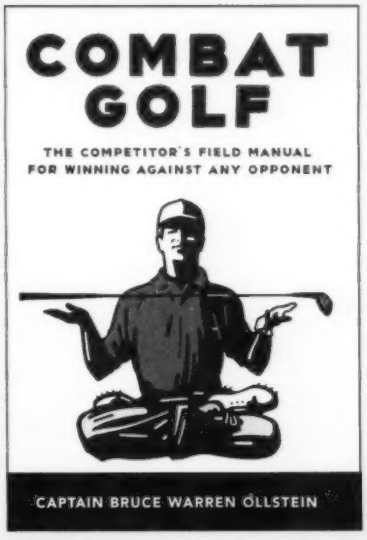
Story by Col. Williams L. Harrison

If you're a serious golfer, *Combat Golf* will give you a few hours of great laughs – along with a treasure trove of technical pointers and information. If you're a casual golfer, watch out! This book may just change your life forever. "Golf ... is war. And like all wars, if you're not looking to win, you probably shouldn't show up." *Combat Golf* is for the thinking, focused, superbly conditioned athlete ready to advance to the highest physical and cerebral levels. "And be advised, the next trick you learn may be the one that brings your opponent to this knees."

"A first-class tactical manual. Victory for the reader. Devastating to those who feel its disciplined wrath."
Maj. Gen. Victor Hugo (Ret.)

Combat Golf covers the gamut of oneupsmanship, from handicapping opponents to team strategy. Ollstein explains when to suggest playing "winter rules" and when to play by the book;

Peter Schneider



when to allow the use of front tees and when to play hardcore and insist on hitting from the back tees. His team strategies for "scramble" tournaments are worth the price of the book alone. "As a general guideline, always have your most consistent player lead off ... The end of the order should always be the guy who still hasn't figured out whether he's got a hook or a slice, but when he connects, watch out!"

Ollstein also includes marvelous mnemonics (masquerading as the acronyms so dear to a militarist's heart), such as MOOSMUSS (Principles of War), and a number of unusual variants to wagers on your play (The Combat Golf Game, The UCMJ Court Martial Game and Special Forces Golf, where "any whine or excuse of any kind is a an automatic two-stroke penalty"), plus a special section on PSYOP. In keeping with the overall theme, *Combat Golf* is organized like a Field Manual and cites quotations from great military leaders and thinkers.

"General Patton said, 'War is hell!' If golf is war, is golf hell? Ollstein has brought a humorous blend of military ethos to the fairways."
Gen. Edward C. Meyer (Ret.)
Former Army Chief of Staff

Combat Golf is must reading for all golf lovers. Ollstein cautions – "It is imperative that you not let this document fall into enemy hands." ★

Condensed and reprinted with permission from *ASSEMBLY* magazine, West Point, N.Y.

ARMY

Recruiter on high

Knapp uses twin 20-gallon propane tanks to heat the 105,400 cubic feet of air inside his 85-foot balloon.

By SSgt. Gary Younger

When Capt. Kevin Knapp is down, only Mother Nature can help.

He's a balloonist, a big bubble guy, who takes his Army Reserve commitment to new heights.

Across Knapp's black balloon is a message in 16-foot gold letters – "ARMY."

Call him a floating recruiter, whose sales pitch, fortunately, is full of hot air.

"I do this on my own time, with my own money to make it easier for recruiters," said Knapp, a former USAR recruiting operations officer.

He's now full-time deputy director of personnel for the 5064th U.S. Army Garrison, Southfield, Mich. Knapp lives in Ypsilanti.

Since launching his balloon two years ago at the Joint Armed Services Air Show and Open House at Andrews Air Force Base, Md., Knapp has visited more than four dozen sites and events, including the Association of the United States Army convention in Washington, D.C., and an Army-Navy football game.

Even when foul weather keeps many balloons crated at competitions, Knapp tries to inflate his message board and open a static display.

"I want to plant that seed in the minds of young people," said Knapp.

Knapp, a former Special Forces soldier, started ballooning just six years ago when a neighbor in St. Louis got him hooked. He started Airborne Ad-ventures in 1994, and has spent over $25,000 taking his inflatable Army billboard cross country and to heights of 12,000 feet.

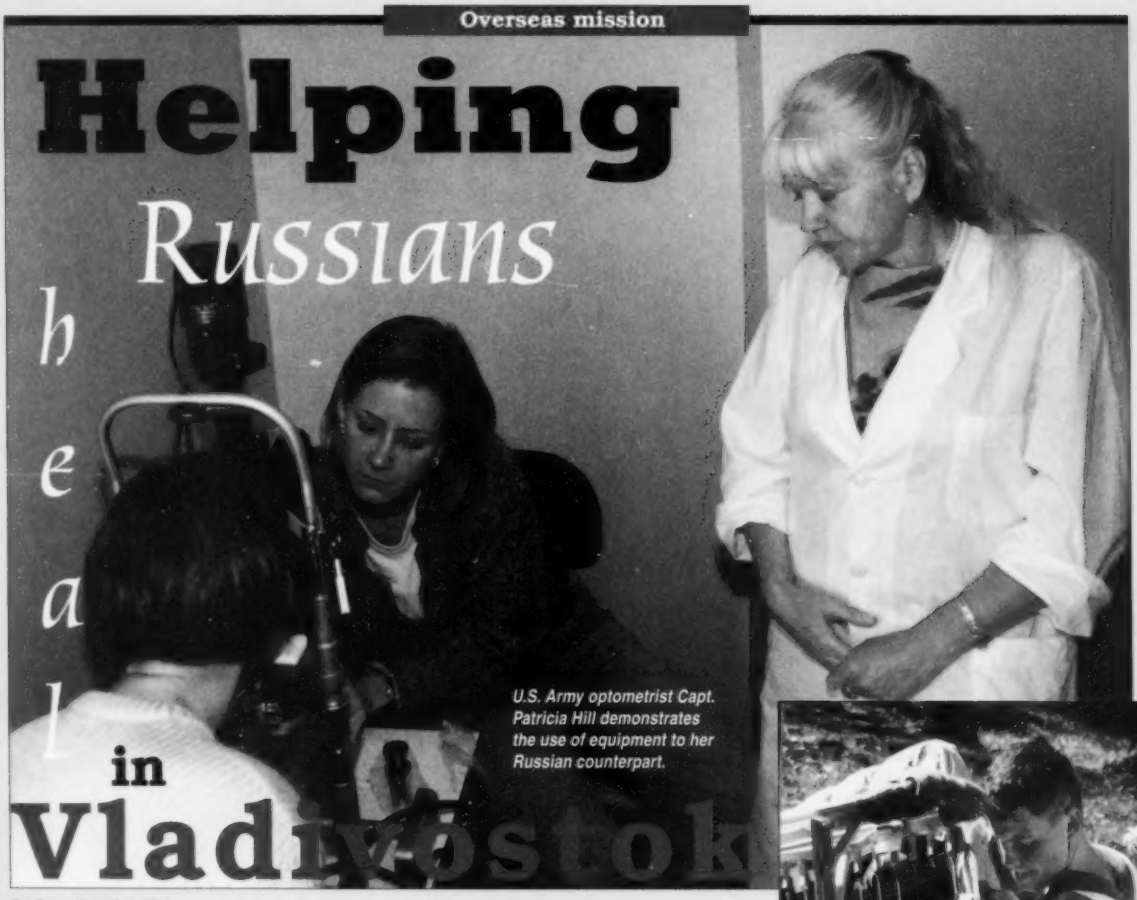
Knapp's accepted appearance money only twice (he does pilot corporate balloons for profit through Airborne Ad-ventures).

He hopes one day for official Army sponsorship; the Navy funds one balloon team.

"For the price of an average one-minute TV commercial I can fly my balloon for years," he reasoned.

Sounds like an idea worth floating around.

Helping Russians heal in Vladivostok



U.S. Army optometrist Capt. Patricia Hill demonstrates the use of equipment to her Russian counterpart.

A Russian soldier carries a U.S.-donated hospital bed.

By Spc. Alex Bonafice

Four Army Reservists recently helped bolster health care in a Russian city.

Working as part of a 42-member Medical Logistics Support Team, the Reservists delivered $4.5 million of excess military medical equipment to City Hospital #2 in Vladivostok, Siberia.

Lt. Col. David M. Cummings

The team included active component soldiers, sailors and airmen, civilian technicians and a National Guardsman. Team chief was Army Reserve Lt. Col. David M. Cummings, executive officer, 4213th U.S. Army Hospital, Malone, N.Y.

"What we delivered was older equipment that was still very functional," said Cummings, who spent 162 days on active duty. He's a civilian health care administrator.

Other Reservists on the team were SFC Robert O'Reilly and Sgt. Bonnie Kerber, 364th Field Hospital, Albany, N.Y., and Spc. Christopher Breest, a Russian linguist with the 368th Military Intelligence Battalion, Hawaii.

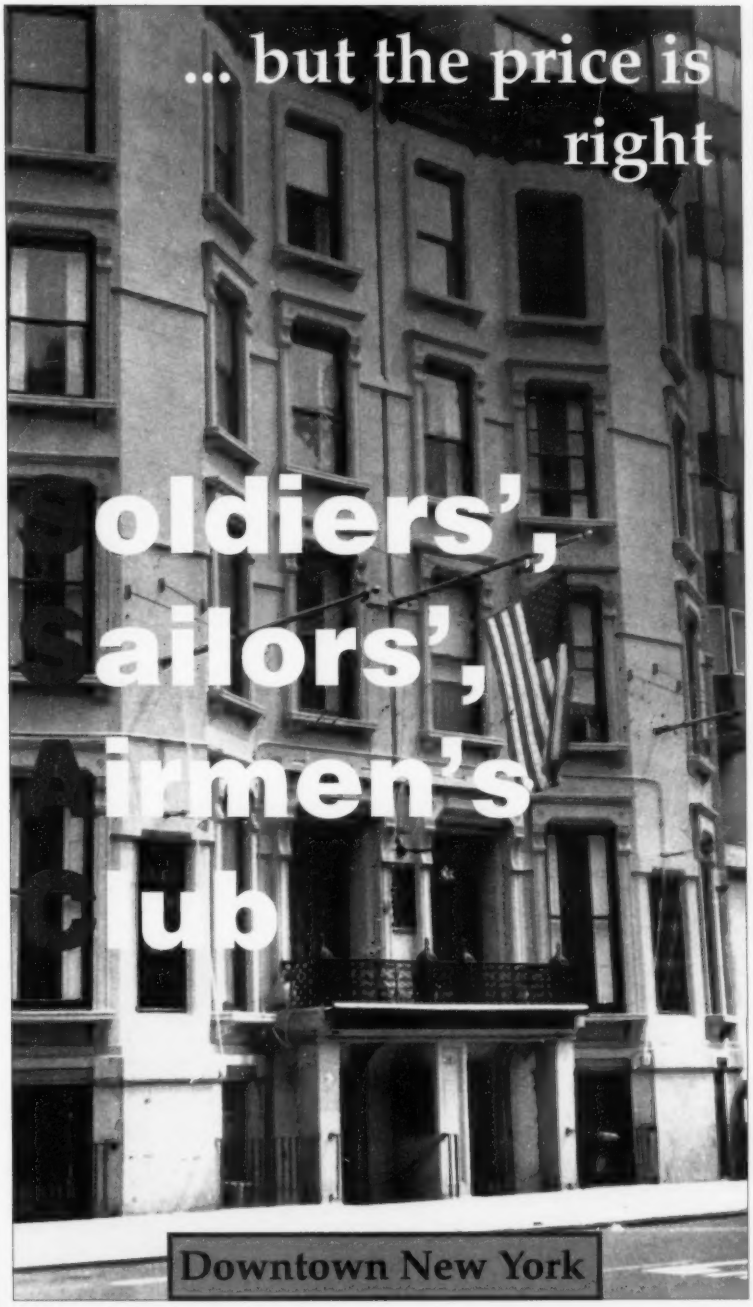
The mission, part of the U.S. State Department's Humanitarian Assistance Program, was the eighth to the former Soviet Union.

Sixty 40-foot containers transferred materiel from the Sagami Storage Facility in Japan to Vladivostok. The Russians also received consumable supplies (tubing, gauze, etc.) and equipment training.

"The hospital received more, and in some cases better, resources to deliver health care," said Cummings. "It's nice to see your efforts have an immediate impact." ★

Lt. Col. David M. Cummings, team chief: *"The most satisfying mission I've been involved with in 25 years of military service."*

It ain't fancy...



Story by SSgt. John F. Berry

Army Reservists wanting to avoid three-figure hotel rates can still find a bargain in the Big Apple.

Amid the corporations, consulates and tourist attractions of midtown Manhattan, the Soldiers', Sailors' and Airmen's Club stands ready to house military people, as it has done since 1919.

The club is actually a non-profit hotel at 283 Lexington Avenue, between 36th and 37th streets, that offers rooms to the military community at a tremendous discount when compared to prevailing New York prices.

Reservists pay $35 a night for a room weekdays, $40 a night weekends. For couples, a room is $60 weeknights, $70 on weekends.

"We're nothing fancy," conceded Army Col. (Ret.) John T. Barber, hotel executive director, "but we do offer clean rooms, a friendly staff and a great Manhattan location."

Grand Central Station is just five blocks away, with many tourist attractions, including the United Nations and Times Square, within easy walking distance.

Despite its advantages, the 75-bed facility is seldom more than 50 percent full.

"A lot of people just don't know we exist," said receptionist Jim Chalker, a retired Navy petty officer. Many hotel staffers are former military.

Just about anyone with a tie to the military is welcome to stay at the club, including ROTC cadets, widows and veterans. Guests must show documentation of military service or connection, such as an I.D. card or discharge papers.

Children under age 3 are free if they share a bed with a parent. Children age 3 to 12 cost $15 a night.

The club began as a tribute to World War I veterans. Founder Cornelia Barnes Rogers, from a patriotic and wealthy New York City family, donated money for start-up costs. Over 1 million guests have stayed.

Reservations can be made up to one year in advance. The telephone number is (212) 683-4353. ★

Balikatan '95

By Maj. Randy Pullen

Army Reserve planners for Balikatan '95 faced unexpected enemies in the Philippines – time and Typhoon Angela.

Storm damage forced training delays and site changes to this combined/joint exercise with Philippine forces last fall, but added real-war challenges to save the mission.

One example – the Operations Plan, an exercise for battle staffs from the Philippine army and the 41st Separate Infantry Brigade, Oregon National Guard.

Conducting the OPLAN were the 1085th Training Exercise and Maneuver Group and the 4960th USAR Forces School, and Philippine staff sections.

The original site for the OPLAN, Fort Magsaysay, suffered the brunt of Typhoon Angela, forcing exercise planners to scramble.

"We took six months to prep for Fort Magsaysay and then had four hours to set up and get going at an alternate site in Manila," explained Lt. Col. Jensen Kino, assistant commandant of the 4960th.

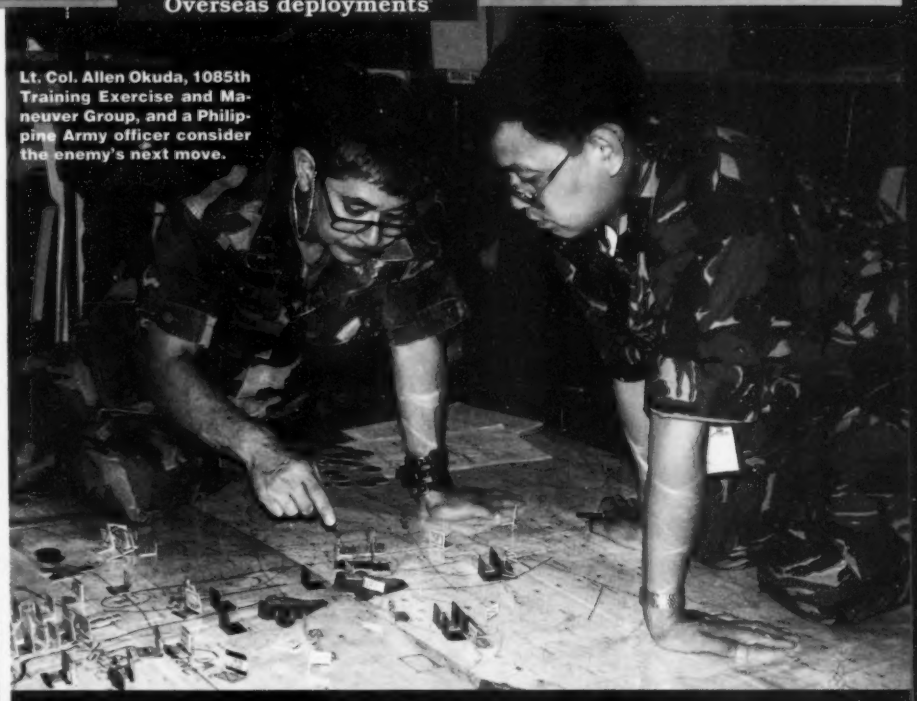
Though shortened from nine days to five, the OPLAN came off smoothly, in true spirit of Balikatan, or "shouldering the load together."

Also delayed but completed were medical, dental and veterinary civic action projects in western Luzon.

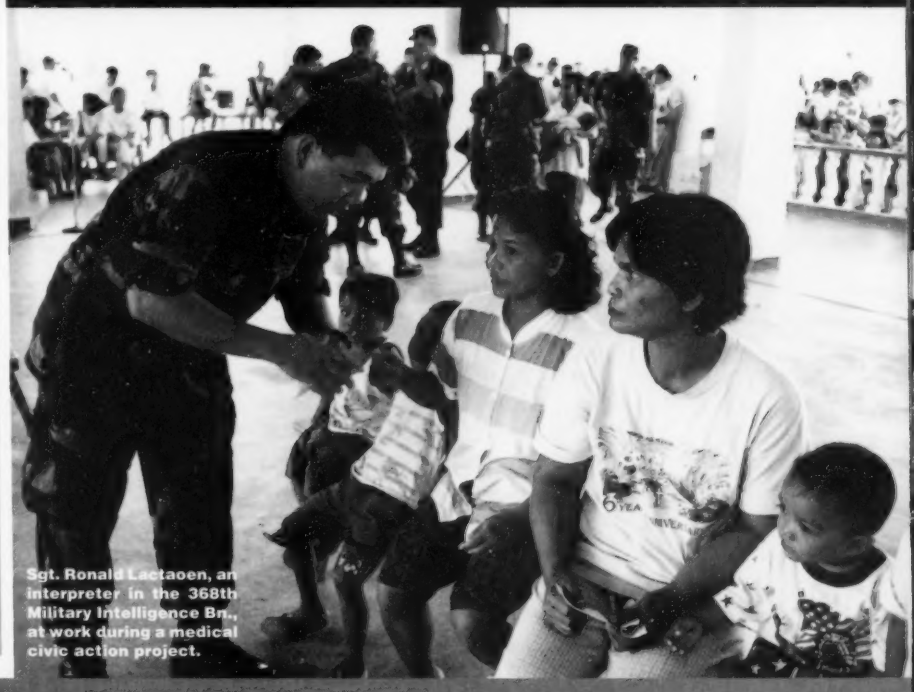
This was the 15th iteration of the exercise, which began in 1981. The 600 U.S. personnel taking part in Balikatan '95 were under command of Col. Henry W. Urstadt, commander of the 1085th. ★

Balikatan units (USAR)

- HQ, USARPAC
- HQ, 9th ARCOM
- 322nd Civil Affairs Bde.
- Co. A, 368th MI Bn.
- 1085th TEMG
- 4960th USAR Forces School
- Pacific Army Liaison Cmd.
- 364th CA Bde. (selected soldiers)
- 353rd PSYOP Bn. (selected soldiers)



Lt. Col. Allen Okuda, 1085th Training Exercise and Maneuver Group, and a Philippine Army officer consider the enemy's next move.



Sgt. Ronald Lactaoen, an interpreter in the 368th Military Intelligence Bn., at work during a medical civic action project.

THE PAPER AND INK USED IN THE ORIGINAL PUBLICATION MAY AFFECT THE QUALITY OF THE MICROFORM EDITION

Holthaus top IMA soldier

Maj. Paul C. Holthaus is the 1995 Individual Mobilization Augmentee Soldier of the Year.

An intelligence officer assigned to Special Operations Command Central, Holthaus is a self-employed trader of commodity and financial futures. He lives in Monticello, Minn.

Holthaus has over 20 years of military experience, including service in Southwest Asia for Desert Shield/Storm and three tours in Somalia. In 1993 he served as deputy director of intelligence on the Joint Special Operations Task Force for Exercise Early Victor, a U.S.-Egypt endeavor. Last year he spent several months in Ethiopia on a humanitarian de-mining mission.

An ROTC graduate from the University of Minnesota, Holthaus spent over three years on active duty in the Special Forces. He's completed the Command and General Staff Officer Course and the Joint Special Operations Intelligence Course.

His awards include the Joint Service Commendation Medal (1st Oak Leaf Cluster), Armed Forces Expeditionary Medal, United Nations Medal, Southwest Asia Service Medal (3rd Service Star), Kuwait Liberation Medal, Parachutist Badge and Combat Diver Badge.

SFC Dorothy Young

Maj. Paul C. Holthaus

New medal established

Reservists can earn a new U.S. medal for service in peacekeeping and humanitarian operations such as Joint Endeavor.

The Armed Forces Service Medal, established in January, may be awarded to soldiers who, after June 1, 1992:

- Participated, as a unit member, in a qualifying operation for one or more days.
- Or, were in support of that operation in a designated area and period of time.

The AFSM can be awarded only if no other U.S. campaign or service medal is approved.

Not yet available through supply channels, the AFSM can be purchased commercially at a post exchange.

New records keeper for retirees

Army retirees must now send requests for records information to a new address.

The National Archives and Records Administration in St. Louis, which already managed retiree records for the Air Force and Navy, added the active Army, Army Reserve and Army National Guard on April 1, 1996.

The new address:

National Archives and Records Administration
ATTN: Military Personnel Records
9700 Page Avenue
St. Louis, Mo. 63132

Retirees should still call the Retired Activities Division, ARPERCEN, for general information or for corrections to official documents. The number is (800) 325-8311.

Written requests for information to NARA should include the retiree's service number or Social Security number, return address and a signature.

The change in record keeping is part of the Army Reserve Personnel Center's transition to a command in October 1997.

HSM approved for Marilyn relief effort

Soldiers who took part in the Hurricane Marilyn disaster relief operation are eligible for the Humanitarian Service Medal.

The storm battered the U.S. Virgin Islands last September with winds up to 120 miles per hour. Over 200 Reservists provided recovery assistance, many from the 65th Army Reserve Command, Puerto Rico.

To be eligible for the HSM, a soldier must have served in the Virgin Islands between Sept. 16 and Oct. 31, 1995, or supported the operation from Puerto Rico between Sept. 16 and Oct. 1.

Eligibility criteria is outlined in AR 600-8-22, paragraph 2-15.

25 picked for senior schools

Two dozen Army Reserve officers and one civilian on the OCAR staff were selected for senior service colleges and military fellowships for the 1996-97 academic year.

Army War College: Lt. Cols. Allen D. Cranford, Elton C. Bruce, Clyde M. Leavelle, Jack L. Killen, Dennis C. Drake, John M. Graham, Denis J. Petcovic, Glenn C. Breitling, Robert P. Morrow, Bruce W. Ashman, Melvin J. Graves, Phillip W. Miller, Henry L. Payne and Gilles G. Nadeau.

Also chosen was Mr. Paul D. Ryson, comptroller for Office of the Chief, Army Reserve, and a retired lieutenant colonel.

National War College: Lt. Col. Michael R. Staszak.

Naval War College: Col. Hans W. Mijocevic.

Industrial College of the Armed Forces: Lt. Col. Donna L. Dacier.

Inter-American Defense College: Lt. Col. Rafael Sanchez.

Selected for fellowships:

Harvard University: Lt. Cols. John R. Hawkins and Debra A. Cook.

Tufts University: Lt. Cols. Michael H. Coker and Allen M. Gildersleeve.

University of Texas: Col. James E. Swartz and Lt. Col. Charles D. Betoney.

Education program targets TPUs

A new education benefits program, Project World Class, is available to Troop Program Unit soldiers. PWC helps Reservists complete an associate or bachelor's degree at a Servicemembers Opportunity College-approved institution.

Many courses required to complete a degree can be taken at home. Call (800) 852-5277 for information on the following services:

- **College degree planning** – Soldiers can learn what credits may be earned for their military experience and have a personalized degree plan prepared. The planning service will survey all available external degree programs to find the SOC-approved school which offers maximum credit for military training and prior college education based upon a soldier's background and desired degree.
- **Video CLEP/DSST** – Home study video preparation materials for the College Level Examination Program and DANTES Subject Standardized Tests will be provided free of charge. A money-saving text rental program is also available.
- **GED exam prep materials** – Home-study video courses in reading, math, grammar and writing are available free of charge to help soldiers prepare for the GED. A study program will be tailored to meet each soldier's individual learning needs.

ROPMA

The Reserve Officer Personnel Management Act takes effect Oct. 1, 1996.

Rumors abound as to what ROPMA can and can't do. That's partly because the act authorizes certain procedures, but allows the services some leeway in implementation.

One example. Under ROPMA, the Secretary of the Army can establish a flexible zone of consideration for Reserve promotions, i.e., below zone consideration. But the act only gives the authority, and does not direct early promotions. There has been **no decision** yet as to which Reserve officer promotion boards, **if any**, will include below zone consideration.

Over the next several months the Chief, Army Reserve, will distribute through training channels and the media information on ROPMA.

Under development is a legislative options plan to ensure ROPMA covers all aspects of the USAR in a realistic manner.

ROPMA is designed to modernize statutes and unify personnel management for reserve officers of all services in matters concerning appointment, promotion, separation and retirement.

Golden Cargo

Over 100 units from all three components of America's Army will take part in this year's logistics exercise, under command of the Army Reserve's 19th Theater Army Area Command (CONUS Augmentation), Des Moines, Iowa.

Held annually since 1991, Golden Cargo is a real-mission test of primarily transportation and ordnance assets.

Units this year will transport a total of 25,000 short tons of munitions along two routes: Savanna Depot Activity, Ill., to Bluegrass Army Depot, Ky., and from McAlester Army Ammunition Plant, Okla., to Red River Army Depot, Texas.

"It's a great opportunity for units to work their war-time specialties," said Lt. Col Galen Johnson, 19th TAACOM project officer. "Moving real munitions forces us to follow procedures that would be difficult to train for with a simulated mission."

The USAR's Iowa-based 3rd Corps Support Command (CONUS Augmentation), which commanded last year's Golden Cargo exercise, is currently in Europe supporting Operation Joint Endeavor.

Logistics

Computer link

Logisticians in the 90th Regional Support Command can soon talk shop by computer. A command-wide network is being installed, and should be online by the end of FY 96. This is a test program, and if successful, may spread throughout the Army Reserve. The computers are older, but upgraded models deemed excess by other units and configured to meet standard logistics systems requirements.

RTCH

Caterpillar Corporation delivered the first upgraded Rough Terrain Cargo Handler in March. The USAR's entire fleet of RTCHs should be repaired and returned by October at Caterpillar dealers around the country.

Extended Service Program

Delivery began in January of ESP-remanufactured 2.5-ton trucks. AM General, the contractor, should finish about 1,700 trucks this fiscal year, with a third of the USAR fleet revamped before the program ends. ESP retains the truck's chassis but replaces the power train, adds central tire inflation, among many other upgrades, and is intended to extend the vehicle's life by 15 years.

MTVP

The Medium Tactical Vehicle Program should begin delivering trucks this summer. A U.S. Forces Command and Army Reserve initiative, MTVP repairs 2.5- and 5-ton trucks, then exchanges them for aging vehicles in USAR units. About one third of the USAR fleet will be upgraded through MTVP over the next five years. MTVP and ESP are interim fixes as the USAR awaits fielding of the Family of Medium Tactical Vehicles, replacements for the 2.5- and 5-ton trucks, expected sometime early next century.

D7F rebuild

Caterpillar is repairing the USAR's fleet of D7F bulldozers. Dealers pick up, repair and return dozers to units or storage facilities within a 60-day window. Program completion – end of FY 97.

Annual Training on the Hudson

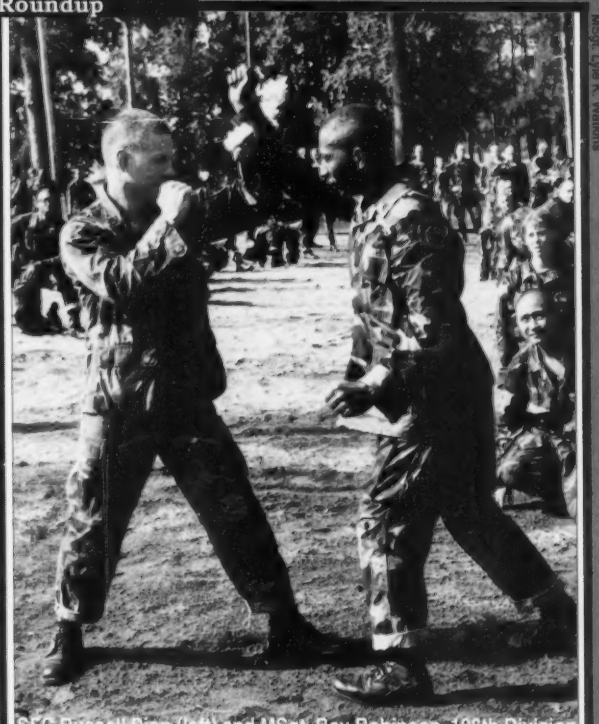
By Capt. Brendt J. Vitale

Chalkboards covered with sketches of military symbols surrounded the classroom of college students, all dressed in camouflage uniforms. The instructor, a USAR drill sergeant, had the students' attention, that day and for two weeks in January during West Point's "Intersession."

A cadre of 38 NCOs and 19 officers from the Milwaukee-based 84th Division (Institutional Training) spent annual training along the Hudson River teaching basic soldier skills to U.S. Military Academy cadets.

"An excellent professional development opportunity," said Lt. Col. Steve Best, a battalion commander in the 84th and a 1976 academy graduate. "This put our drill sergeants in situations not usually found in Basic, yet was still consistent with our METL (Mission Essential Tasks List)."

"Intersession," started at the academy seven years ago, is an intensive, two-week military train-up squeezed between the fall and spring academic semesters, and is mandatory for all cadets. Topics range from map reading and tactics to military law and vehicle maintenance.



MSgt. Lyle K. Watkins

SFC Russell Pion (left) and MSgt. Roy Robinson, 108th Division (Institutional Training), demonstrate hand-to-hand combat skills to trainees last year at Fort Jackson, S.C., during the unit's final Provisional Roundout Training (PROTRAIN) cycle. Training divisions now use an Echo Company concept.

Roundup

760th Engineer Co.

Smyth County Community Hospital president Roger Cooper said this Marion, Va., unit gets credit for keeping the emergency room staffed during a January blizzard.

For three days the 760th used HMMWVs to shuttle ER staff members to the hospital and transport blood from Roanoke to Smyth County for emergency surgeries.

"We cannot thank the Army Reserve enough for their hard work in seeing our patients' needs met," said Rogers.

The engineers also used road graders to clear isolated roads.

317th Military Police Bn.

Activated to support Operation Uphold Democracy in Haiti, soldiers in Tampa, Fla.-based Detachment 1 went beyond the call of duty.

During a site survey at a police station in Port-Au-Prince, soldiers spotted a nearby basketball court in ruins.

Battalion CSM Earl R. Jones, Jr. contacted a Tampa-area department store, which donated new backboards, nets, balls and pumps. Reservists then installed the new equipment.

"The kids are suffering in this country and we just wanted to help," said Jones.

Detachment 1 soldiers also distributed donated toys to Haitian orphanages and delivered food to a mission church.

1181st Trans. Terminal Bn.

Under a blazing Florida sun, soldiers in this Meridian, Miss.-based unit loaded more than 700 pieces of equipment during Operation Dragon Team 12-95, a sea emergency deployment exercise conducted last fall in Jacksonville.

Completing the mission in one arduous day, Reservists filled the USNS *Capella* with trucks, helicopters and equipment from the active Army's 101st Airborne Division (Air Assault), based at Fort Campbell, Ky.

321st Engineer Bn.

For two weeks last year, soldiers in this Boise-based unit tasted the culinary delights of England during a field exercise with British engineer commandos at Mountain Home AFB, Idaho. Beef Wellington was a particular hit with the Yanks.

But the units did more than share kitchen duties. Soldiers became familiar with the other army's vehicles, weapons and tactics, and teamed to clear sites for new base housing at Mountain Home and graded roads to training areas.

An American barbecue and British rugby game capped the combined exercise.

"The British added a new dimension to our AT," said 321st commander Lt. Col. Phillip R. Burch. "We fully integrated all the British soldiers right down to our engineer squads. It worked out great."

Around 70 soldiers from the 131st Independent Commando Squadron Royal Engineers (Volunteers), a reserve unit based in Birmingham, came to the United States for their two-week AT as part of a USAR military exchange program. ★

Education program targets TPUs

A new education benefits program, Project World Class, is available to Troop Program Unit soldiers. PWC helps Reservists complete an associate or bachelor's degree at a Servicemembers Opportunity College-approved institution.

Many courses required to complete a degree can be taken at home. Call (800) 852-5277 for information on the following services:

- **College degree planning** – Soldiers can learn what credits may be earned for their military experience and have a personalized degree plan prepared. The planning service will survey all available external degree programs to find the SOC-approved school which offers maximum credit for military training and prior college education based upon a soldier's background and desired degree.
- **Video CLEP/DSST** – Home study video preparation materials for the College Level Examination Program and DANTES Subject Standardized Tests will be provided free of charge. A money-saving text rental program is also available.
- **GED exam prep materials –** Home-study video courses in reading, math, grammar and writing are available free of charge to help soldiers prepare for the GED. A study program will be tailored to meet each soldier's individual learning needs.

ROPMA

The Reserve Officer Personnel Management Act takes effect Oct. 1, 1996.

Rumors abound as to what ROPMA can and can't do. That's partly because the act authorizes certain procedures, but allows the services some leeway in implementation.

One example. Under ROPMA, the Secretary of the Army can establish a flexible zone of consideration for Reserve promotions, i.e., below zone consideration. But the act only gives the authority, and does not direct early promotions. There has been **no decision** yet as to which Reserve officer promotion boards, **if any**, will include below zone consideration.

Over the next several months the Chief, Army Reserve, will distribute through training channels and the media information on ROPMA.

Under development is a legislative options plan to ensure ROPMA covers all aspects of the USAR in a realistic manner.

ROPMA is designed to modernize statutes and unify personnel management for reserve officers of all services in matters concerning appointment, promotion, separation and retirement.

Golden Cargo

Over 100 units from all three components of America's Army will take part in this year's logistics exercise, under command of the Army Reserve's 19th Theater Army Area Command (CONUS Augmentation), Des Moines, Iowa.

Held annually since 1991, Golden Cargo is a real-mission test of primarily transportation and ordnance assets.

Units this year will transport a total of 25,000 short tons of munitions along two routes: Savanna Depot Activity, Ill., to Bluegrass Army Depot, Ky., and from McAlester Army Ammunition Plant, Okla., to Red River Army Depot, Texas.

"It's a great opportunity for units to work their war-time specialties," said Lt. Col Galen Johnson, 19th TAACOM project officer. "Moving real munitions forces us to follow procedures that would be difficult to train for with a simulated mission."

The USAR's Iowa-based 3rd Corps Support Command (CONUS Augmentation), which commanded last year's Golden Cargo exercise, is currently in Europe supporting Operation Joint Endeavor.

Logistics

Computer link

Logisticians in the 90th Regional Support Command can soon talk shop by computer. A command-wide network is being installed, and should be online by the end of FY 96. This is a test program, and if successful, may spread throughout the Army Reserve. The computers are older, but upgraded models deemed excess by other units and configured to meet standard logistics systems requirements.

RTCH

Caterpillar Corporation delivered the first upgraded Rough Terrain Cargo Handler in March. The USAR's entire fleet of RTCHs should be repaired and returned by October at Caterpillar dealers around the country.

Extended Service Program

Delivery began in January of ESP-remanufactured 2.5-ton trucks. AM General, the contractor, should finish about 1,700 trucks this fiscal year, with a third of the USAR fleet revamped before the program ends. ESP retains the truck's chassis but replaces the power train, adds central tire inflation, among many other upgrades, and is intended to extend the vehicle's life by 15 years.

MTVP

The Medium Tactical Vehicle Program should begin delivering trucks this summer. A U.S. Forces Command and Army Reserve initiative, MTVP repairs 2.5- and 5-ton trucks, then exchanges them for aging vehicles in USAR units. About one third of the USAR fleet will be upgraded through MTVP over the next five years. MTVP and ESP are interim fixes as the USAR awaits fielding of the Family of Medium Tactical Vehicles, replacements for the 2.5- and 5-ton trucks, expected sometime early next century.

D7F rebuild

Caterpillar is repairing the USAR's fleet of D7F bulldozers. Dealers pick up, repair and return dozers to units or storage facilities within a 60-day window. Program completion – end of FY 97.

Annual Training on the Hudson

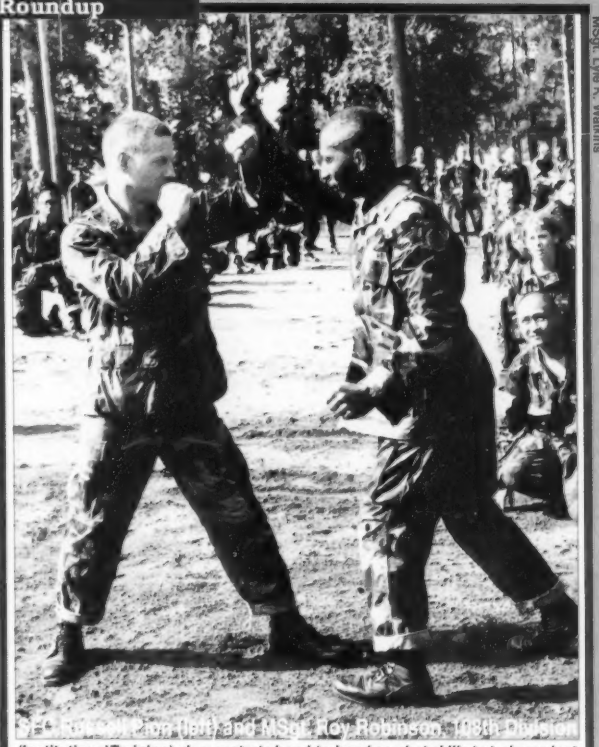
By Capt. Brendt J. Vitale

Chalkboards covered with sketches of military symbols surrounded the classroom of college students, all dressed in camouflage uniforms. The instructor, a USAR drill sergeant, had the students' attention, that day and for two weeks in January during West Point's "Intersession."

A cadre of 38 NCOs and 19 officers from the Milwaukee-based 84th Division (Institutional Training) spent annual training along the Hudson River teaching basic soldier skills to U.S. Military Academy cadets.

"An excellent professional development opportunity," said Lt. Col. Steve Best, a battalion commander in the 84th and a 1976 academy graduate. "This put our drill sergeants in situations not usually found in Basic, yet was still consistent with our METL (Mission Essential Tasks List)."

"Intersession," started at the academy seven years ago, is an intensive, two-week military train-up squeezed between the fall and spring academic semesters, and is mandatory for all cadets. Topics range from map reading and tactics to military law and vehicle maintenance.



MSgt. Lyle K. Watkins

SFC Robert Hon (left) and MSgt. Roy Robinson, (84th Division (Institutional Training), demonstrate hand-to-hand combat skills to trainees last year at Fort Jackson, S.C., during the unit's final Provisional Roundout Training (PROTRAIN) cycle. Training divisions now use an Echo Company concept.

Roundup

760th Engineer Co.

Smyth County Community Hospital president Roger Cooper said this Marion, Va., unit gets credit for keeping the emergency room staffed during a January blizzard.

For three days the 760th used HMMWVs to shuttle ER staff members to the hospital and transport blood from Roanoke to Smyth County for emergency surgeries.

"We cannot thank the Army Reserve enough for their hard work in seeing our patients' needs met," said Rogers.

The engineers also used road graders to clear isolated roads.

317th Military Police Bn.

Activated to support Operation Uphold Democracy in Haiti, soldiers in Tampa, Fla.-based Detachment 1 went beyond the call of duty.

During a site survey at a police station in Port-Au-Prince, soldiers spotted a nearby basketball court in ruins.

Battalion CSM Earl R. Jones, Jr. contacted a Tampa-area department store, which donated new backboards, nets, balls and pumps. Reservists then installed the new equipment.

"The kids are suffering in this country and we just wanted to help," said Jones.

Detachment 1 soldiers also distributed donated toys to Haitian orphanages and delivered food to a mission church.

1181st Trans. Terminal Bn.

Under a blazing Florida sun, soldiers in this Meridian, Miss.-based unit loaded more than 700 pieces of equipment during Operation Dragon Team 12-95, a sea emergency deployment exercise conducted last fall in Jacksonville.

Completing the mission in one arduous day, Reservists filled the USNS *Capella* with trucks, helicopters and equipment from the active Army's 101st Airborne Division (Air Assault), based at Fort Campbell, Ky.

321st Engineer Bn.

For two weeks last year, soldiers in this Boise-based unit tasted the culinary delights of England during a field exercise with British engineer commandos at Mountain Home AFB, Idaho. Beef Wellington was a particular hit with the Yanks.

But the units did more than share kitchen duties. Soldiers became familiar with the other army's vehicles, weapons and tactics, and teamed to clear sites for new base housing at Mountain Home and graded roads to training areas.

An American barbecue and British rugby game capped the combined exercise.

"The British added a new dimension to our AT," said 321st commander Lt. Col. Phillip R. Burch. "We fully integrated all the British soldiers right down to our engineer squads. It worked out great."

Around 70 soldiers from the 131st Independent Commando Squadron Royal Engineers (Volunteers), a reserve unit based in Birmingham, came to the United States for their two-week AT as part of a USAR military exchange program. ★

2078th USARF School
LPN Program
Class of 1995

Grand Rapids, Mich. – Spc. Bojo L. Bell, SSgt. Myrna Chambers, PFC Katina L. Elliott, Spc. Scott D. Everts, Sgt. Dan R. Marczuk, Spc. John T. Mitchell, Spc. Carla J. Moore, Spc. Daniel L. Page, Sgt. Raymond P. Setles.

Indianapolis, Ind. – SSgt. John E. Combs, Spc. Christopher K. Graves, SSgt. Jane E. Hicks, Sgt. Karen E. Ogle, SSgt. Keith J. Thompson.

Memphis, Tenn. – Spc. Veronica L. Boyd, Spc. Felicia S. Dillard, Spc. Shelia A. Joyner, Spc. Daphne J. Manning, Spc. Tina R. Moss, Spc. Felton R. Payne, Spc. Joyce A. Smith, Spc. Kevin L. Walker.

New York – Spc. James E. Allen, Spc. Victoria L. Bembry, Spc. Kathy G. Brathwaite, Sgt. Arthurly G. Carbon, Spc. Candace D. Grant, Spc. Charmaine M. Griffith, Sgt. Sharon F. Harris, Spc. Felicia Jackson, Spc. Brian Kidd, Sgt. Carl A. Mitchell Jr., Spc. Petula D. Moithukshung, Spc. Kathy L. Morgan, Spc. James W. Organ Jr., Sgt. Angel L. Perez, Spc. Carol Phang, Sgt. Edna Potts, Sgt. Rosa L. Pugh, PFC Victor E. Sotolongo.

Norfolk, Va. – Spc. Andrea M. Lang.

Richmond, Va. – Spc. Norman R. Jones Jr., Sgt. Pearly Nicholson.

Springfield, Mass. – Spc. Marcel O. Falardeau, SFC Richard R. Leclair, SSgt. Patricia A. Schmidt.

Taunton, Mass. – Spc. Timothy L. Bailey, SSgt. Patti Caramanica, SFC Linda A. Coriander, Spc. Paul M. Denaro, Sgt. Michael J. Kauranen Jr., SSgt. Lucy Lembke, Spc. Debra Naida, Spc. James J. Sughrue.

Washington, D.C. – Sgt. Robin P. Coleman, Spc. George L. Gray Jr., Spc. Cheryl Hall-Gross, SSgt. Vincent A. Harris, Spc. Shawn W. Myers, Spc. Fred W. Richmond, Spc. Ellin A. Rock-Goad, SFC Rosemarie Wilson.

Wilmington, Del. – Spc. Deedra Abner, SSgt. Thomas B. Beardsley, Spc. Donna M. Bentley, Sgt. Chenson R. Bernard, Spc. Jackline Frett, Spc. Jacqueline Holding, Sgt. Joanie H. Johnson, Spc. Leland A. Shoun, Spc. Terry E. Valentine, MSG James A. Williamson.

The 2076th USARF School in Wilmington, Del., has an exportable training program for MOS 91C30, Licensed Practical Nurse. The course of study is approximately three years and includes three Inactive Duty for Training phases and three Annual Training phases. For information, call Terry Lynn, (302) 998-1350.

Six win MacArthur Awards

Six Army Reserve officers will receive General Douglas MacArthur Leadership Awards for 1995.

They are 1st Lt. **Donna M. Bivona**, Capt. **Steven J. Campfield**, Capt. **James H. Griffiths**, Capt. **Ignacio J. Perez**, Capt. **A.C. Roper, Jr.**, and Capt. **Eugene F. Swisher**.

The Army Chief of Staff will present each with an engraved 23-pound bronze bust of MacArthur in a May ceremony at the Pentagon.

Cooper best in Houston

The Houston Military Affairs Committee named SFC **Richard Cooper** the 1995 USAR Enlisted Soldier of the Year. Cooper is a tactician in the Battle Projection Group, 75th Division (Exercise).

Coots is 100th's top drill

Currently detached to the Ft. Knox Drill Sergeant School, SFC **Ronald Coots** was selected the 100th Division's 1995 Drill Sergeant of the Year. He's assigned to C Troop, 3/397th, Middlesboro, Ky.

Hotline opened for W-2s

Army Reservists needing a reissue of their W-2 tax statement can call a Defense Finance and Accounting Service hotline, DSN 699-2811, commercial (317) 542-2130. The hotline has a voice-prompted menu that verifies the information needed to reissue a W-2.

Troop Program Unit soldiers can get the same help through the pay support office at their Regional Support Command.

ARCAM not for AGRs

Despite conflicting information in the most recent Military Awards regulation (AR 600-8-22), Active Guard Reserve soldiers are not eligible for the Army Reserve Components Achievement Medal. The ARCAM is intended solely for TPU and IMA service.

AGR soldiers who received an ARCAM must have it withdrawn and all records corrected.

IRRist vies for Olympics

1st. Lt. **Ruthie Bolton-Holifield**, an Individual Ready Reservist, is a guard on the U.S. National basketball team and a likely Olympics participant.

She's an ROTC graduate from Auburn University, where she earned second team All-America honors for two years.

From ARPERCEN

Retiree pay process revamped

A new automated pay system will gradually end a delay in issuing retirees their first check.

The delay is generally several months, with the first check retroactive to the retiree's eligibility date, resulting in no loss of pay.

Several factors are contributing to the delay. For one, the Retired Activities Division is changing over to a more efficient data processing system. At the same time, the office's workload has increased substantially as Korean War veterans become eligible for retirement.

To improve service the division has reorganized into teams for faster, one-stop processing of retirement files.

For information, call the Retired Activities Division, (800) 325-8311.

Route SLRP packets correctly

Enlisted soldiers in the IMA, IRR and AGR programs, and recent retirees and transfers out of Troop Program Units, must send Student Loan Repayment Program applications directly to ARPERCEN.

The address: Family Readiness Branch, ARPC-SFS-FG, 9700 Page Avenue, St. Louis, Mo. 63132-5200.

To determine eligibility for loan repayment, call the Family Readiness Branch, (800) 452-0201 or DSN 892-5177.

Troop Program Unit soldiers should continue to process packets through their units.

People

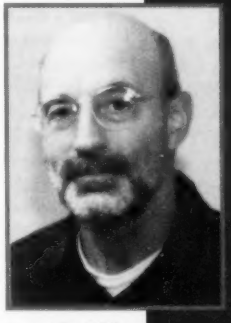
Gilley named to top IMA position at INSCOM

Col. (P) **Alfonsa Gilley** recently became deputy commanding general (Individual Mobilization Augmentee) of the U.S. Army Intelligence and Security Command, Fort Belvoir, Va. In that role, Gilley oversees Reserve Component integration. A Vietnam veteran, Gilley holds a law degree from the University of Maryland and is a 1995 Army War College graduate. Past assignments include command of the 338th MI Battalion, Fort Meade, Md., and the 428th MI Detachment, Washington, D.C.

Gilley has been assigned to INSCOM since April 1995.

McCoy archaeologist joins search for MIAs

Working around an unexploded 750-pound bomb in oppressive jungle heat, **Dell Greek** last fall collected the remains of an F-4C fighter jet shot down 25 years ago in Laos during the Vietnam conflict. Greek, archaeologist at Fort McCoy, Wis., and a Vietnam veteran, joined a military team that used flight records, eyewitness accounts and the global positioning system to pinpoint the crash site near the Ho Chi Minh Trail. Despite scavenging by local villagers and the 400-mile-per-hour impact of the plane, nearly 150 pounds of plane parts were salvaged. More importantly, human remains also were found, and are undergoing DNA testing at labs in Hawaii.



Greek was the only civilian on the mission.

Greenwood wears two uniforms.

USAR officer receives police award for valor

Maj. **Donald Greenwood**, safety manager for the 94th Regional Support Command, Fort Devens, also keeps the streets of Quincy, Mass., safe. A city police officer, Greenwood received the 1995 Award of Valor from the Police Mutual Aid Association for his actions in disarming a rape/attempted murder suspect who resisted arrest; Greenwood's partner, a co-recipient of the award, was wounded during the altercation. Greenwood's been a drilling Reservist since 1973.

Crowshaw was also honor grad of his recruiting course.

Crowshaw is USAR's top recruiter in '95

Three days of civilian life after 11 years on active duty was enough to convince USAR recruiter SFC **Thomas M. Crowshaw** he belonged back in uniform, this time as a Reservist. Now assigned to Winston-Salem, N.C., Crowshaw in 1989 was recruited to full-time Reserve duty by an Army buddy-turned-recruiter. "I've always been proud to be a soldier and represent the Army," said Crowshaw. And he must be good at it. Crowshaw recently was honored in a Pentagon ceremony as the USAR's 1995 Recruiter of the Year. The Crowshaw axiom for success: "Be very direct when you talk with young people." Besides, he added, "if you haven't been straight, it will come home to roost."

itness

IT'S UP TO YOU

By Capt. Todd M. Peterson

What is fitness? To some, it's the ability to run long distances. To others, it's lifting a certain weight on barbells. Any true definition of total fitness must include regular exercise, good diet, stress reduction, adequate rest, and abstinence from harmful habits.

Some general tips:

• **Cardiorespiratory endurance** – developed with exercises that work large muscle groups rhythmically, conducted vigorously for 20-30 minutes, three to five times a week.

• **Muscular strength and endurance** – achieved with resistance training. Resistance can come from your body weight, from lifting free weights or using machines. Resistance training strengthens joints, reduces the chance of injury and increases lean body mass. One to three sets of 8-12 repetitions are recommended two to three times a week.

• **Flexibility** – ability of the joint to move through a full (and normal) range of motion. Improved flexibility may reduce muscular soreness and the potential risk of injury. Flexibility training normally consists of static stretches conducted for 10-30 seconds each during warm-up and cool-down.

• **Body composition** – percentage of body weight that is made up of lean body mass and fat. Ideal body fat percentages for men are 12-17, for women 15-23; best achieved through nutrition, regular exercise.

• **Recovery** – follow a hard day of training with an easier day or a rest day. Or, alternate the muscle groups used each day.

Keys to success

Staying fit while maintaining a busy lifestyle takes determination and commitment. Some suggestions:

• **Put exercise in your daily routine** – Take the stairs instead of the elevator. Park in the back lot. On breaks go for short walks. Hand deliver messages instead of calling.

• **Schedule your exercise periods** – Plan your workouts as you would a meeting or family activity. Trade a high-calorie lunch for a workout at the gym or a long walk.

• **Don't make excuses** – Fitness, like work and family, is important. Through regular exercise you'll better manage your weight, be more productive and healthier.

• **Set realistic goals** – Start slow and easy. Examples of attainable goals might be to run a two-mile course a minute faster or to add 10 more push-ups in three weeks.

• **Thrive on variety** – Use different types of workouts. Make fitness fun.

• **Exercise the event** – To increase your running time – run.

Make it count

Cardiorespiratory intensity is measured by the predicted training heart rate (THR), which is a percentage of the maximum heart rate (MHR). To figure your THR, follow this formula:

220 – age = MHR x intensity level = THR

intensity level: .70 beginners
.80 to .95 regular exercisers

Example: The THR for a 30-year-old soldier who has not exercised for two months:

220–30 = 190 x .70 = 133 beats per minute

Keep your heart rate close to the THR during aerobic exercise. To get an accurate reading, take your pulse for 10 seconds and multiply by 6 (for a one-minute reading).

For muscle strength and endurance, intensity is measured by 50-80 percent of one maximum repetition (use .50 for beginners, .80 for experienced weightlifters). **Example:** A beginner's one-repetition max is 120 pounds. Multiply 120 x .50, which equals 60 pounds as a starting weight. Another method: choose a weight for each exercise that allows you to do 8-12 repetitions to muscle failure.

For information on health and fitness, contact **Capt. Peterson** at the U.S. Army Physical Fitness School, Fort Benning, Ga., **(706) 545-6338/2737** or **DSN 835-6338/2737.**

Q. Can the 6.2-mile stationary bicycle ergometer test (alternate APFT) be administered on a "LifeCycle"?

A. No. The bicycle ergometer must have mechanically adjustable resistance. The "LifeCycle" type of ergometer does not allow for the precision adjustments required. The Monarch 818E and BodyGuard 990 are authorized.

Q. Are soldiers required to weigh in during the APFT?

A. No. AR 600-9 states soldiers must weigh in twice a year, preferably during the APFT. If conditions prohibit, the soldier should weigh in within 30 days of the APFT. The Army physical fitness uniform (shorts, T-shirt, socks, no shoes) must be worn for the weigh-in.

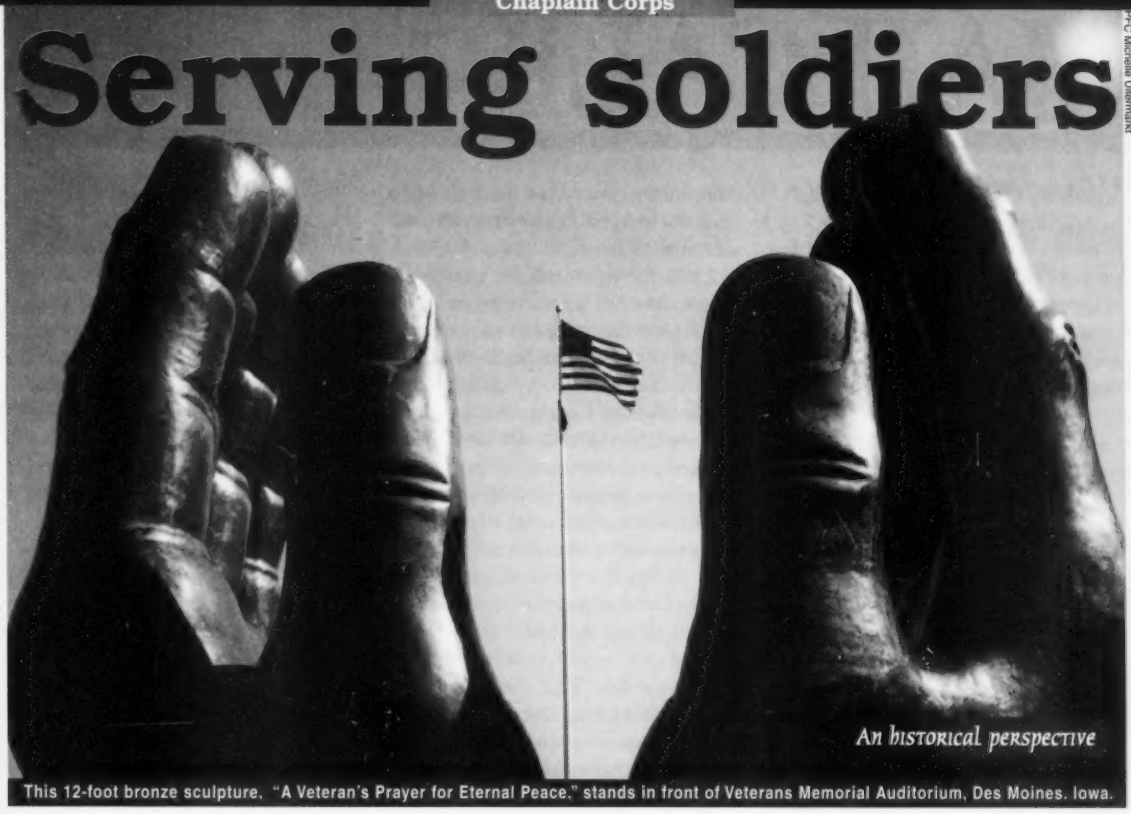
Q. Can a soldier elect to wear boots when taking the APFT?

A. Yes, but the standards will not be modified.

Before beginning an exercise program, a doctor's evaluation is recommended if you fit any of the following categories:

- Over 40 years old and lead an inactive lifestyle.
- More than 20 pounds overweight.
- Family history of heart problems or feel chest pains during exercise.
- Use prescribed medicine daily.
- High blood pressure or cholesterol.
- Cigarette smoker.
- Diabetes or any other chronic illness.

Serving soldiers



PFC Michelle Dinenardi

An historical perspective

This 12-foot bronze sculpture, "A Veteran's Prayer for Eternal Peace," stands in front of Veterans Memorial Auditorium, Des Moines, Iowa.

Story by Trudie Eklund

The distinguished history of the Army Chaplain Corps began in 1791 when President Washington appointed Rev. John Hurt, an Episcopal minister from Virginia, to serve as the Army's first official chaplain.

In 1818, as part of a military downsizing, Congress abolished nearly all Regular Army chaplain positions. Twenty years later, increasingly alarmed by reports of unruly troops, Congress reinstated the full chaplaincy.

During the Civil War, many chaplains became "fighting parsons." Others acted as war correspondents for religious publications, drove ambulances or worked in hospitals. In 1862 the War Department dropped its requirement that chaplains be of the Protestant faith.

When America expanded westward, chaplains rode the "circuit" of distant Army posts and made periodic visits to Indian reservations to promote peace.

By Armistice Day in World War I, 1,300 chaplains were serving in the American Expeditionary Force; 11 were killed in action.

ALL ARMY CHAPLAINS TODAY ENTER the military by appointment in the USAR. Prerequisites include a 90-hour graduate-level theological degree and endorsement by a denomination.

Although the majority of USAR chaplains serve in civilian parishes and church leadership positions, a few are also lawyers, professors and editors or writers for major religious publications.

There are about 1,250 chaplains in the USAR, representing about 120 faith groups and nearly half the Army Chaplain Corps.

Army Reserve chaplains have the same mission, receive the same training and share the same standards as active Army chaplains. During a contingency or national emergency, USAR chaplains may backfill for active Army chaplains, or deploy with their USAR unit or as an individual.

A chaplain and his or her assistant form a Ministry Team. The MT is prepared to extend religious support and comfort to Army Reserve soldiers and their families on a myriad of social and personal issues.

It was not until 1917, with creation of the Officer Reserve Corps, that chaplains received Reserve commissions.

To help the Depression-era Civilian Conservation Corps, the Army activated over 300 Reserve chaplains to direct the moral training of a vast number of America's unemployed young men.

In World War II, USAR chaplains served at training camps, on battlefields, and in hospitals. Army chaplains endured the Bataan Death March; 18 died at the Japanese prison camp of Cabanatuan. In the Atlantic, one of the four chaplains that went down with the *U.S.S. Dorchester* was a Reservist. In all, 63 Army chaplains were killed in action in WWII.

No USAR chaplains were called to active duty for the Vietnam conflict, though 13 active Army chaplains gave their lives in Southeast Asia, two won the Medal of Honor and 82 the Purple Heart.

Over 500 Army Reserve chaplains served on active duty during Desert Shield/Storm. Reserve chaplains also were activated for the Hurricane Andrew recovery in Florida, and in Guantanamo Bay, Cuba, for the Haitian relief effort.

MAILCALL

Where are all the 92Y school slots?

IN RESPONSE TO THE ARTICLE "Don't waste school slots" (Fall 1995), I have a question: How are school slots allocated? I've been high on my unit's Order of Merit List since January 1994 for Phase II of ANCOC but am told there are no slots for 92Y30s. How do supply sergeants go to school?

SSgt. John P. Amato
San Francisco, Calif.

According to Capt. David Kozusko at the U.S. Army Reserve Command, Atlanta, the computerized Army Training Requirements and Resources System shows that the Advanced NCO Course for unit supply specialists is offered at numerous locations, one of which is Camp Parks, Calif., from Aug. 4-16, 1996. At press time, the course at Camp Parks had 14 available seats. Your unit should put you on wait status or request a quota for a vacant slot.

Use walk-ons for school vacancies.

TOO MANY GOOD SOLDIERS ARE not getting promoted because they can't get school slots (PLDC, BNCOC, etc.). And that's because some units use the "good ole boy" system instead of an Order of Merit List. Or, the unit's OML is just a "good ole boy" list. Even worse, many school slots are wasted each class because of no-shows or because the soldier fails the standards at inprocessing.

One way to fix this problem is to use walk-ons. The active Army does this quite successfully. When a primary school candidate gets bumped or doesn't show, a walk-on takes that slot. Plenty of USAR soldiers are willing to travel to schools as walk-ons, but are refused by higher headquarters, partly because headquarters is worried about using another unit's quota. But if a unit has a no-show or APFT failure, it should lose all claims to the slot.

Let's fix this problem of wasted school slots and take better care of our soldiers who are willing to work hard.

Spc. Timothy S. Nystrom
Sandy, Ore.

Again, I defer to Capt. Kozusko, officer-in-charge of ATRRS at USARC. "Current Army Reserve policy is that no soldier reports to a school without a valid ATRRS reservation. With diminishing resources we cannot gamble on sending a soldier to a class in hopes that a soldier with a valid reservation will be a no-show, fail the APFT, or not meet prerequisites for that school. Also, some courses, such as PLDC, require a read-ahead packet that contains testable material upon arrival to the course. The soldier's unit should use established ATRRS procedures to request a school quota or load soldiers in a wait status. 'Waits' roll automatically at predetermined intervals if seats are available."

Are med school years good years?

I AM A PHYSICIAN IN THE INDIvidual Mobilization Augmentee program. I entered the Reserve after completing eight and a half years on active duty. I also had four years of Reserve duty while I was in medical school. Each year during medical school I did a 45-day Active Duty for Training tour. Does my time in medical school count toward retirement?

Dr. (Maj.) William T. Walton
Ocean Springs, Miss.

No. Under section 2126 of Title 10, U.S. Code, time spent in medical school under the Health Professions Scholarship Program, which requires an annual 45-day ADT tour, does not count in determining eligibility for retirement.

What awards did Gulf War prompt?

PLEASE PUBLISH A LIST OF awards presented for the Gulf War. Is there a mobilization ribbon or device?

Sgt. James D. Hernandez
Costa Mesa, Calif.

According to the Military Awards Branch, U.S. Total Army Personnel Command, soldiers are eligible for the:

- **Southwest Asia Service Medal** – *for qualifying service between Aug. 2, 1990, and Nov. 30, 1995.*
- **Armed Forces Expeditionary Medal** – *qualifying service during Operations Earnest Will (July 24, 1987, to Aug. 1, 1990) or Southern Watch (Dec. 1, 1995, to a date to-be-determined).*
- **United Nations Medal** – *qualifying service under command and control of the U.N. after April 21, 1991.*
- **Kuwaiti Liberation Medal (Government of Kuwait)** – *qualifying service between Aug. 2, 1990, and Aug. 31, 1993.*
- **KLM (Kingdom of Saudi Arabia)** – *qualifying service between Jan. 17, 1991, and Feb. 28, 1991.*
- **Humanitarian Service Medal** – *qualifying service during Operation Provide Comfort (April 5, 1991, to June 14, 1991).*
- **National Defense Service Medal** – *any period of active duty or service in the Selected Reserve between Aug. 2, 1990, and Nov. 30, 1995.*

AR 600-8-22 has details.

A mobilization or "M" device has been approved but is awaiting implementation guidance.

Give "gray area" retirees a check

WHEN A RESERVIST EARNS 20 good years, he or she is classified as a "gray area" retiree until age 60. "Gray area" retirees receive limited privileges such as commissary and PX usage, but

no monthly retirement check until age 60. I recently contacted my congressman and expressed interest in the option of receiving a retirement check before age 60, but at a reduced rate. I was told my suggestion has been moved to "committee" for action. I recommend all "gray area" retirees contact their federal legislators and voice support for such a proposal.

Maj. (Ret.) Dane E. Robinson
Frederick, Md.

Do Reservists get any tax breaks?

I'M TOLD THAT SOLDIERS IN THE Individual Ready Reserve can claim half their basic telephone rate as a tax deduction because the Army Reserve requires a telephone for alert purposes. Is that true? Also, can I claim expenses over and above USAR reimbursements for active duty tours?

SFC Steven Minion
Watkinsville, Ga.

Checked with the Internal Revenue Service. Nothing in the tax laws says a Reservist can deduct any part of his or her basic telephone rate. The IRS representative said most anyone with a job could justify the need for a telephone if that deduction were allowed.

IRS Publication 3, Tax Information for Military Personnel, should answer most questions. Also, Publication 945, Tax Information for Those Affected by Operation Desert Storm.

Reservists can deduct:

• The cost and upkeep of uniforms if the uniforms can be worn only while performing duties as a Reservist.

• Dues paid to professional societies directly related to the Reservist's military position.

To obtain tax forms and publications, call the IRS, (800) 829-3676.

Soldiers deserve job preferences.

I PROPOSE THAT LEGISLATION be passed which gives hiring preference to active Reservists of the Armed Forces when applying for Civil Service employment. Veterans currently receive preference yet those of us in uniform do not. The veterans preference applies to Civil Service exams, promotions, seniority, etc.

I'm not proposing all Reservists receive this benefit, only those who remain active beyond their initial contract. I'm a good example, serving in my eighth year, now as a drill sergeant in the 76th Division, yet I reap no hiring benefits when applying for employment with the government I serve.

Reservists like me not only serve one weekend a month and two weeks out of the year, but are on call 24 hours a day, a service the government should reward with job preference.

Sgt. Richard T. Gentile
Marlboro, N.J.

We want to hear from you. Write ARMY RESERVE Magazine, Attn: Mailcall, 1815 North Fort Myer Drive, Suite 305, Arlington, VA 22209-1805. We can't print every letter, but we'll try to present a cross-section of views, opinions and questions of general interest. Your letter may be edited to conserve space.

Commentary

Linguists need incentives, better pay system

The current Foreign Language Proficiency Pay procedure for Army Reservists serves as more of a disincentive than an incentive, and is demoralizing to linguists. While Reservists are expected to spend as much time and energy to maintain language skills as their active duty colleagues, the underlying current of the FLPP procedure for Reservists is fundamentally distrust. The procedure assumes Reserve soldiers are trying to cheat or scam the system out of money. Why else would deserving soldiers be subjected to such a bizarre, cumbersome, antiquated and slow pay procedure, which seldom results in payment of FLPP. Furthermore, the FLPP procedure does not adequately take into account multilingual performance.

What to do?

First, process FLPP orders quicker, especially once a soldier's basic eligibility is established and PMOS awarded. Paperwork should not have to be resubmitted for each active tour of duty (Do airborne troops submit copies of their graduation diploma from jump school each time they apply for jump pay?). The U.S. Army Reserve Command should institute automated reporting of eligibility and levels of FLPP to respective finance centers. That should not be difficult in this computer age. The manual system now used is so cumbersome that many Reservists ultimately lose interest and don't bother filling out all the necessary paperwork, thus losing money they deserve.

Second, as a non-monetary incentive, create a ribbon for foreign language excellence. Eligibility might be scoring 3/3 several times in a row on the Defense Language Proficiency Test or scoring well on a spectrum of languages. Also, allow linguists to wear nameplates with their language identified. I believe these non-monetary incentives would go a long way in establishing a further sense of professionalism and pride.

SFC Reginald Lee Heefner
Co. B, 338th MI Battalion
Fort Meade, Md.

ARMY SHORTS

'TOP' MUST GO TO SCHOOL

All first-time USAR first sergeants must complete the First Sergeant Course within six months of assuming unit duties.

Reserve first sergeants have two options to fulfill this training requirement:

- Attend the five-week Department of the Army First Sergeant Course at the U.S. Army Sergeants Major Academy, Fort Bliss, Texas.
- Attend the two-phase Reserve Component FSC.

Phase I of FSC-RC is a 38-hour pre-resident training package. Phase II is a two-week resident course taught at one of five Reserve Component Training Institutions: Camp Williams, Utah; Camp Ashland, Neb.; Fort McCoy, Wis.; Leesburg Training Site, S.C., or Fort Indiantown Gap, Pa.

Students must reserve a seat for FSC-RC on the computerized Army Training Requirements and Resources System (ATRRS) at least 60 days prior to the start of Phase II.

The RC training institution will send the Phase I package to students. Upon enrollment in Phase II, students must pass an exam covering Phase I instruction.

For more information, contact SGM Joe Camit, (915) 568-8205, or MSG Judith Ackerman, (915) 568-8848, at the Sergeants Major Academy.

DALGLEISH IS HONOR GRAD

Major Charles K. Dalgleish finished atop his class of 54 Reserve Component officers at the U.S. Army Command and General Staff Officer Course-RC, which graduated in December.

During the 19-week course at Fort Leavenworth, Kan., Reserve Component officers are integrated with active duty students, who complete a full year of studies.

Dalgleish, an Individual Mobilization Augmentee assigned to the 630th IMA Detachment, Washington, D.C., received the General John J. Pershing Award.

The Hon. Deborah Lee, Assistant Secretary of Defense for Reserve Affairs, was guest speaker.

The other Army Reserve graduates: Majors Richard Alberts, Jean Barto, George Blackwell Jr., Bobby Branch, Douglas Cantaral, Bill Castillo, Joseph Duffy, Elaine Edwards, Bud Huffman, William Lafontaine, Randal Lister, Thomas Martino, Gary Medvigy, Catherine Moore, Kevin Riedler, Rhinnie Rohrback Jr., Lockhart Simpson, Ronald Ekas, James Gray, Clarence Hilton, Raymond Steinbart, Charles Ulrich, Robert Walk, Kenneth Wilhelm, Leon Wilson III and Capt. John Meyers.

USARC OFFERS HISTORICAL SERIES

Army Reservists can request historical materials compiled by the Command Historian at the U.S. Army Reserve Command.

Volumes now in print:

- Briefing books on Chickamauga and the Atlanta Campaign.
- WWII Medal of Honor recipients.
- USARC: The First Years.

Other materials in production include an oral history series and a compilation of WWII campaigns by USAR divisions.

To order materials, call Ms. Deborah King, (404) 629-7928, or write to: Commander, USARC, Attn. AFRC-MH (Command Historian), 3800 North Camp Creek Parkway SW, Atlanta, Ga. 30331.

The Command Historian is also compiling a list of Reservists with an advanced degree in history who are interested in assignments to support the Army history program. Qualification for the additional skill identifier 5x, historian, is also possible. For details, call Mr. Ed Shanahan, (404) 629-7926.

'SHIM' ... A HOT IDEA IN FIELD FOOD

Scientists at the U.S. Army Soldier Systems Command are testing a new, self-heating field ration – the SHIM.

SHIM (Self-Heating Individual Meal) consists of an entree, chemical heater and activating solution all in one package. The soldier simply pulls a tab to activate the chemical heating element. In 12-15 minutes the meal is hot and ready to eat. While the meal warms, the soldier continues to work.

Also being tested – the Self-Heating Group Ration, which feeds 18.

"Remember! As soon as you get there, tell them we need more howitzer ammo!"

Changes at ARPERCEN

Teams now manage IMAs, IRRs

The Army Reserve Personnel Center in St. Louis has improved the way it serves soldiers.

Individual Mobilization Augmentees and Individual Ready Reservists are now managed by regional teams, not by branch or occupational specialty. The change took effect May 1.

Each team's area of responsibility coincides with a USAR Regional Support Command. A separate team is responsible for soldiers outside the continental United States.

"Teams reduce the layers of approval and action involved in personnel management cases," said Lt. Col. Paul Brady, chief of the Enlisted Personnel Management Directorate transition team. "Anyone on the team who answers the phone will be empowered to complete the action."

Also, as teams become familiar with units in their geographic area, they can better help IRR soldiers find unit vacancies, Brady added.

Here's a breakdown of the new team structure at ARPERCEN:

Team 1
Office symbols:
OPTA-A (officers)
EPT-A (enlisted)
States: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont
Telephone numbers:
(800) 325-4957 (officers)
(800) 325-4752 (enlisted)

Team 2
OPT-B, EPT-B
New Jersey, New York
(800) 325-4958 (officers)
(800) 325-1878 (enlisted)

Team 3
OPT-C, EPT-C
Delaware, Maryland, Pennsylvania, Virginia, West Virginia
(800) 325-4972 (officers)
(800) 325-4731 (enlisted)

Team 4
OPT-D, EPT-D
Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina
(800) 325-4973 (officers)
(800) 325-4095 (enlisted)

Team 5
OPT-E, EPT-E
Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin
(800) 325-4980 (officers)
(800) 325-4714 (enlisted)

Team 6
OPT-F, EPT-F
Arkansas, Louisiana, New Mexico, Oklahoma, Texas
(800) 325-4981 (officers)
(800) 325-4713 (enlisted)

Team 7
OPT-G, EPT-G
Iowa, Kansas, Missouri, Nebraska
(800) 325-4985 (officers)
(800) 325-4072 (enlisted)

Team 8
OPT-H, EPT-H
Colorado, North Dakota, South Dakota, Montana, Utah, Wyoming
(800) 325-4986 (officers)
(800) 325-4715 (enlisted)

Team 9
OPT-I, EPT-I
Arizona, California, Nevada
(800) 325-4987 (officers)
(800) 325-4710 (enlisted)

Team 10
OPT-J, EPT-J
Idaho, Oregon, Washington
(800) 325-4988 (officers)
(800) 325-4712 (enlisted)

Team 11
OPT-K, EPT-K
OCONUS, Special Operations Forces, Foreign Area Officers, chaplains, Judge Advocate officers, SGMs
(800) 325-1868 (officers)
(800) 325-4754 (enlisted)

Officer transitions
OPT-L
Reserve Forces Duty lieutenants, early commissionees, Obligated Active Duty Officer lieutenants, Warrant Officer candidates
(800) 325-1879

Mailing address
ARPERCEN
ARPC-(team office symbol)
9700 Page Avenue
St. Louis, Mo. 63132-5200

Beginning in October 1996, management of many individual personnel functions previously accomplished at the U.S. Army Reserve Command, Atlanta, for Troop Program Unit soldiers will transition to ARPERCEN teams.

These changes are linked to ARPERCEN becoming a personnel command in October 1997.

A soldier's story from Korea ...

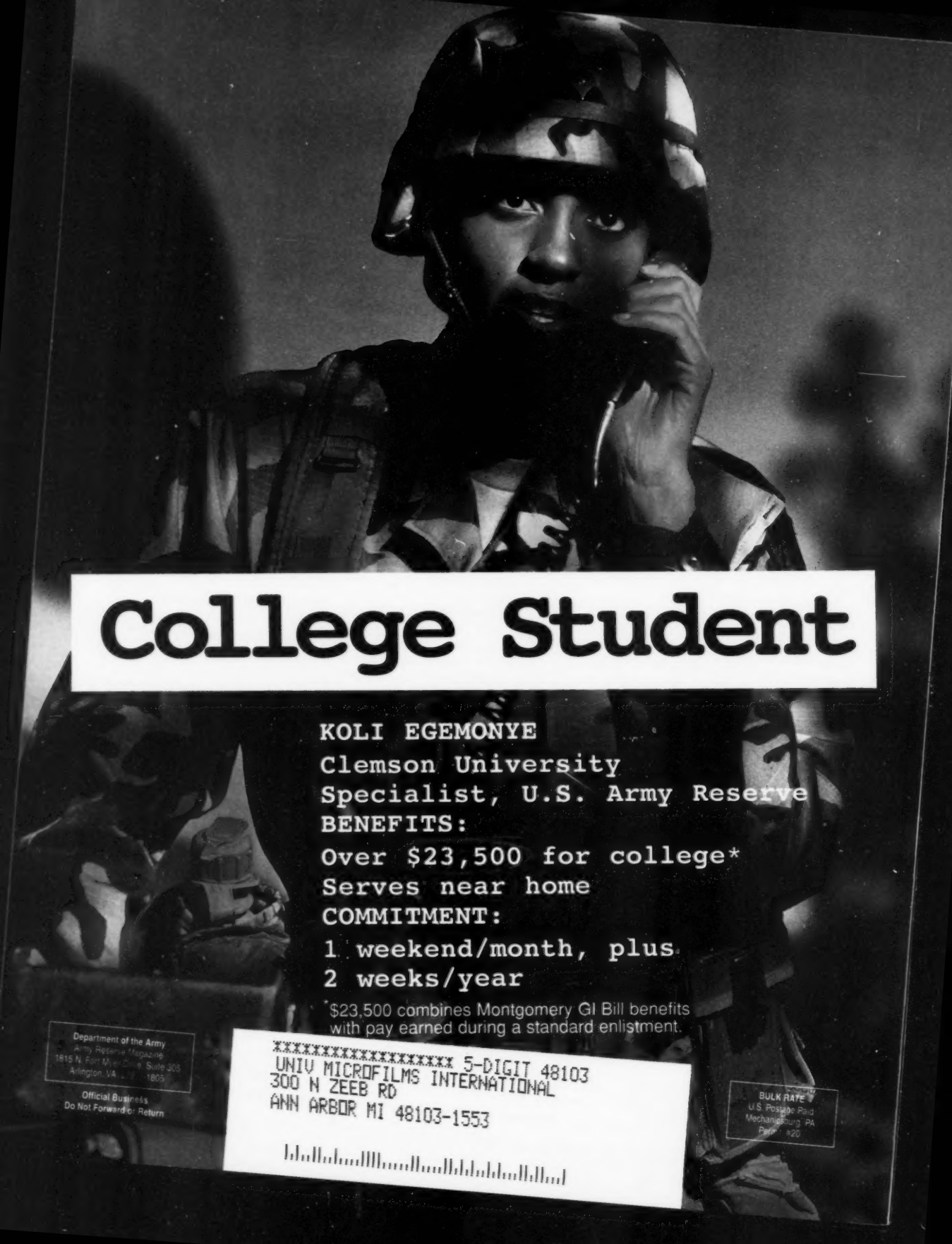
• While on military training in Taegu, a playful group of little girls surrounded me on a crowded street, giggling and hugging my legs. Why? I guess my camouflage uniform stood out. One youngster, who spoke some English, asked for a handshake. I grasped her small hand and bowed, a proper gesture in Korea. That prompted a line to form, and one-by-one, I shook hands and bowed to smiles and applause. I waved goodbye and walked away, never to forget the joy I brought to that simple child's game.

• As I waited for a taxi to the airport, a Korean man named Ku stopped and offered a ride. "No charge," he said in passable English. Ku was delivering soup, a breakfast staple in Korea, and wanted company. I accepted with some apprehension. Between stops (he had a car full of small soup containers) we talked of families and the New York Yankees, his favorite baseball team, with Joe Dimaggio his hero. True to his word, Ku asked for no fare at the airport, content to have practiced English with an American.

• Standing in a Korean church, I endured curious stares and felt quite ill at ease, the only foreigner in the congregation. Then a Korean woman walked over, handed me an English-Korean hymnal and showed me where the liturgy was at that point. While my English words and song were overwhelmed by Korean voices, I felt welcome and truly enjoyed the experience.

Each incident helped me understand the power of human kindness, especially when extended to a soldier far from home.

Submitted by Lt. Col. Robert A. Krause, 19th TAACOM (CA), Des Moines, Iowa



College Student

KOLI EGEMONYE
Clemson University
Specialist, U.S. Army Reserve

BENEFITS:
Over $23,500 for college*
Serves near home

COMMITMENT:
1 weekend/month, plus
2 weeks/year

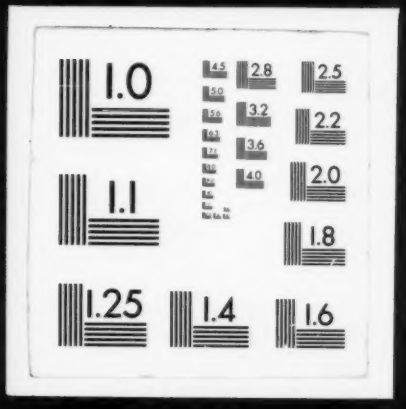
*$23,500 combines Montgomery GI Bill benefits with pay earned during a standard enlistment.

Department of the Army
Army Reserve Magazine
1815 N. Fort Myer Drive, Suite 305
Arlington, VA [illegible] 1805

Official Business
Do Not Forward or Return

xxxxxxxxxxxxxxxxxx 5-DIGIT 48103
UNIV MICROFILMS INTERNATIONAL
300 N ZEEB RD
ANN ARBOR MI 48103-1553

BULK RATE
U.S. Postage Paid
Mechanicsburg, PA
Permit #20


1.0
1.1
1.25
1.4
1.6
2.8
3.2
3.6
4.0
2.5
2.2
2.0
1.8